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An Aussie Conquering  
the World P. 36



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Sonny Brown

Photograph by Noel Daganta

**"IF I CONTINUE  
TO WORK HARD  
AND RAISE MY  
BAR, I WILL  
CONTINUE TO  
SUCCEED."**

– Sonny Brown



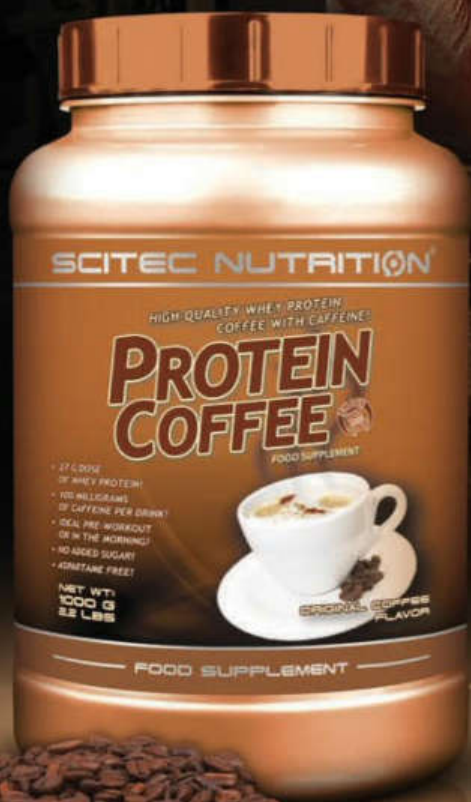


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## ARNOLD'S LETTER

### CLANGIN' AND BANGIN'

The equipment has been updated, but the atmosphere and camaraderie of Gold's Venice remain.



# The Gold's standard

**Q: What was it like training at Gold's Gym back in the day?**

—CALVIN, VIA FACEBOOK

**A:** **GOLD'S VENICE** was, and still is, the mecca of bodybuilding, because the energy that flows through it makes it like no place else you could ever train. Its founder, Joe Gold, started the gym in 1965 mainly as a place for his friends to train. If you couldn't afford a membership, Joe usually waived the fee and even let bodybuilders sleep on the roof if they needed a place to stay.

From the moment I first walked in, I felt inspired to train harder, and the overhead skylights and ocean air that wafted through gave me the charge to do so. There was always some big animal training – Ken Waller, Frank Zane or Dave Draper – and these guys not only inspired me but also ultimately became some of my best friends, and remain so to this day.

Gold's is celebrating its 50th anniversary this year. I've watched it expand to become not only the most recognisable gym franchise but also one of the most iconic brands in the world.

I'll give you one more fun fact about the old Gold's: the gym was very small, so the showers used to be unisex!

*Yours in iron,*

**Arnold Schwarzenegger**

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**EVP/Group Publishing Director** Chris Scardino

**Managing Editor** Brian Good

**Group Training Director** Sean Hyson

**Group Creative Director** Andy Turnbull

**Senior Editor** Joe Wuebben

**PUBLISHER**  
Ian Brooks

### EDITORIAL

**Editor** Gary Phillips; gary@paragonmedia.com.au

**Chief Sub Editor** Alison Turner

### ART

**Art Director** Lee McLachlan

### SUBSCRIPTIONS

**Subscriptions Manager** Julie Hughes  
(02) 9439 1955; subs@paragonmedia.com.au

### ADVERTISING

**Advertising Representative** Sonja Halstead  
sonja@paragonmedia.com.au; 0411 515 871

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ABN 49 097 087 860  
Level 2, 174 Willoughby Road, Crows Nest, NSW 2085  
PO Box 81, St Leonards, NSW 1590  
Tel: (02) 9439 1955 Fax: (02) 9439 1977  
[www.muscle-fitness.com.au](http://www.muscle-fitness.com.au)

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LOOK THE BEST YOU CAN



# HOT LIST

WHAT YOU NEED TO KNOW THIS MONTH



**PLAY**

## HALO 5: GUARDIANS

Microsoft celebrates the first new *Halo* adventure on Xbox One with this stunning Limited Collector's Edition featuring a statue of Master Chief and Spartan Locke, plus a ton of other physical and in-game exclusives. Standard edition also available. Released October 27



**WATCH**

## EVIL DEAD

October sees a deluge of top-rated shows return for another season including *Homeland*, *The Flash*; *Arrow* and *The Walking Dead*. The premiere of *Ash vs. Evil Dead* hits on Halloween, with Bruce Campbell reprising his classic role.



**TEST**

## MUSCLE-GENES

From one saliva test, MuscleGenes creator Dan Reardon can test more than 40 genes to personalise a program just for you that includes the ideal types of foods you should eat, the type of training and volume you need and much more. [musclegenes.com](http://musclegenes.com)



**EAT**

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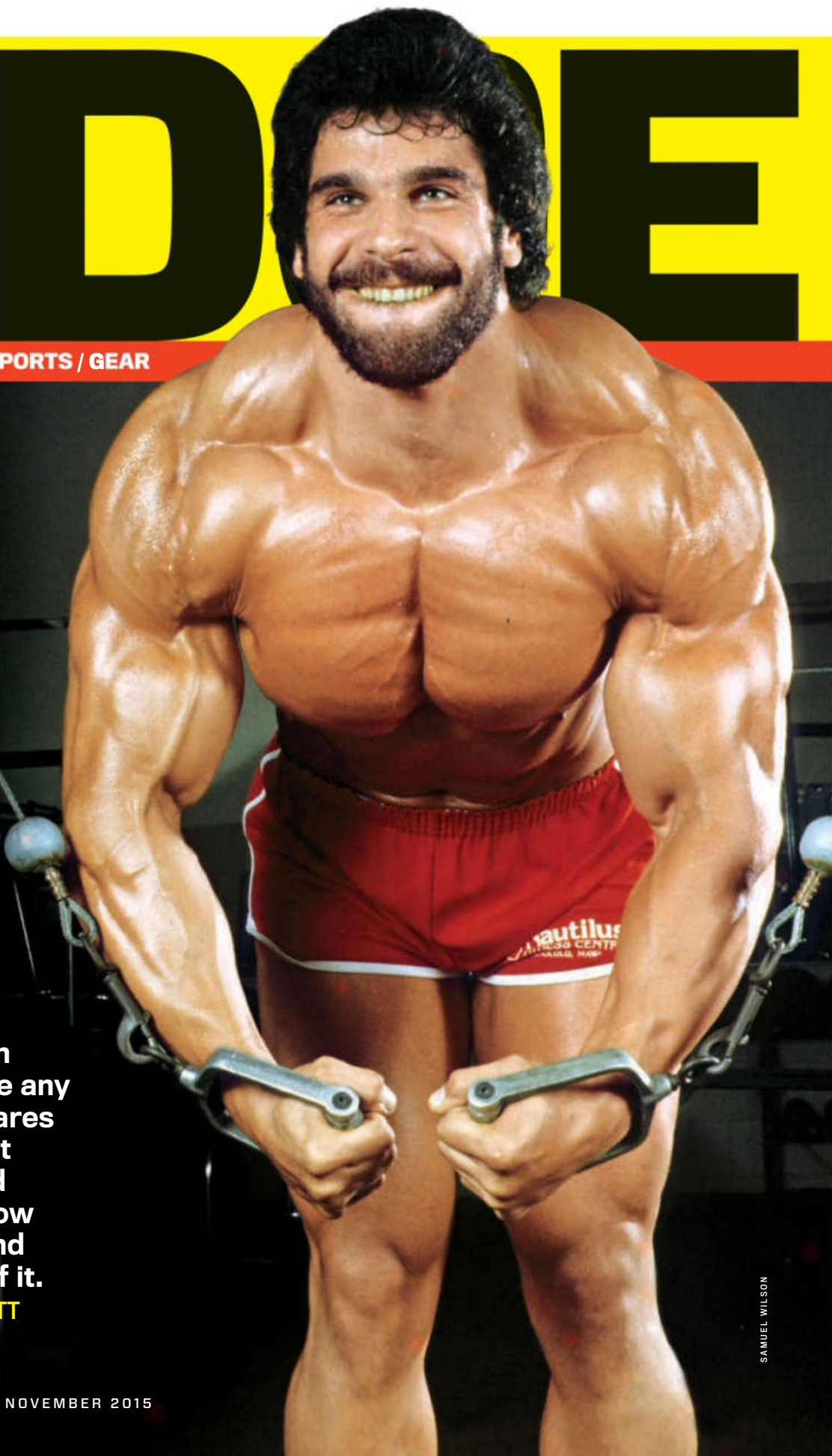
# EDGE

NEWS / INTERVIEWS / SPORTS / GEAR

## Big Louie

The real-life Incredible Hulk has had a career in bodybuilding unlike any other. Here, he shares the most important lessons he learned in the gym - and how they helped him find a career outside of it.

AS TOLD TO GREG MERRITT



SAMUEL WILSON



**EVERYONE REMEMBERS** that scene in *Pumping Iron* when I'm doing shoulder presses and shouting, "Arnold!" over and over. I used Arnold to motivate myself in my workouts. Coming up, I looked up to people like Steve Reeves, Larry Scott, and Sergio Oliva, and I read a lot of comic books: *Superman*, *Batman* and, of course, the *Fantastic Four*, with the Hulk. From an early age, I wanted to be as big and powerful as the Hulk. Those are the kind of images that drive you through your hardest workouts.

At various times, I trained with other pro bodybuilders. If I train with a partner, I want that person to be as strong as I am and go with the same intensity I do. I need someone to push me on every set. A partner isn't just there for someone to talk to; that would only hurt my workout. A partner is there to drive me to use more weight and get more reps.

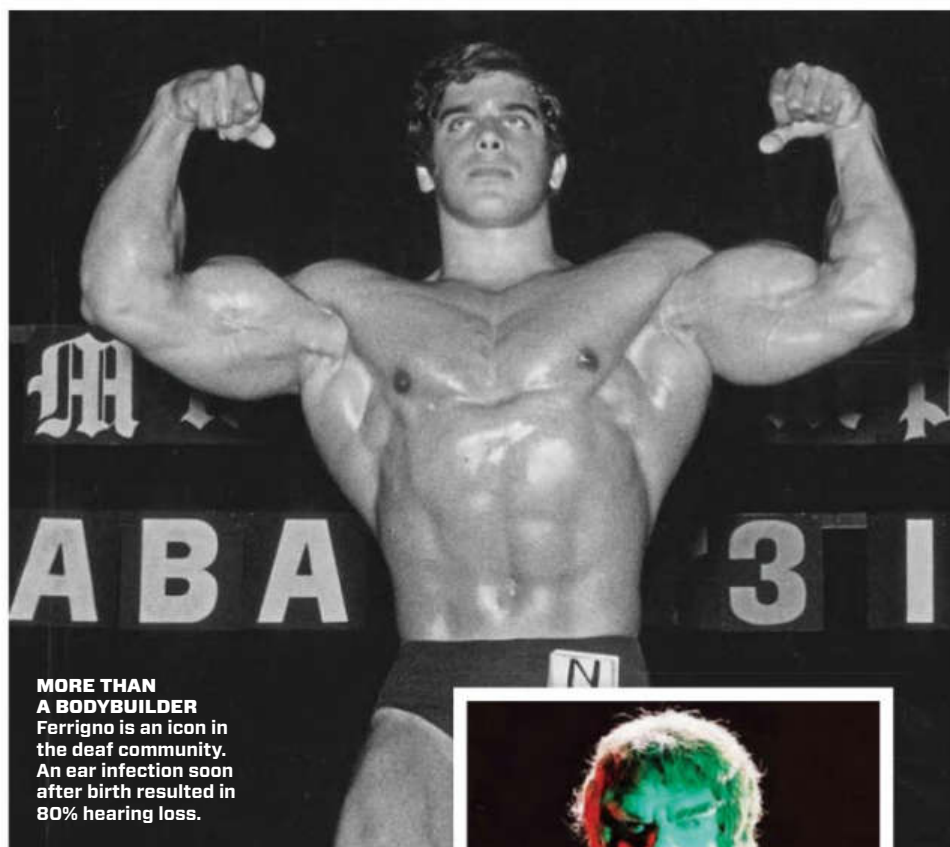
On exercises like chest and shoulder presses, squats and leg presses, when you lock out and fully straighten your elbow or knee joint, it's a resting point. There's very little stress on the muscles there. This is why I usually like to stop my reps a little short of lockout. But this can change near the end of a set when I might need those little rests to keep going.

I wasn't one of those lucky guys whose forearms grew just from holding weights. I worked very hard for my forearm development, training them three times per week. I mostly stuck to barbell wrist curls and reverse curls.

I do a lot of forced reps. I reach failure or near-failure and then my partner removes just enough stress for me to get 2-3 more forced reps.

Occasionally, I do my side laterals with a cable. These allow me to raise the handles well above shoulder level and maintain tension, so I get a longer range of motion.

Before a contest, I used to tense my muscles a lot between sets, and I also practised posing at home. Joe Weider taught me how to use



iso-tension to bring out more details in the muscles.

For the first few years when I got into bodybuilding, I was always weighing myself and measuring my arms and chest. It was inspiring to see those numbers getting bigger. But eventually the mirror became a much more useful tool than the scales or the tape measure. The mirror, photos and objective observers will tell you that you're gaining muscle and losing fat in the right places.

Recuperation is the forgotten component of muscle building. Try to get at least eight hours of quality sleep each night and try to find ways to relax both your body and your mind outside of the gym.

I never used the same training program twice. Whenever I don't feel like doing another workout or eating another chicken breast, I only have to remind myself of the benefits of this lifestyle. I owe everything to bodybuilding. The training I did to build my physique



taught me how to work towards a goal with great intensity and total dedication. Bodybuilding has also taught me to be persistent, to be self-reliant and to look at myself objectively. Most important, bodybuilding dramatically improved my self-image, allowing me first to achieve average confidence after years as a shrinking violet, and later to assert myself as a bodybuilder, actor and public personality.

# Ninja style

How *American Ninja Warrior* competitor **BRENT STEFFENSEN** stays on the cutting edge of training and nutrition.

BY MARK BARROSO

**AT THE TIME** of this writing, we know Brent Steffensen made it to the *American Ninja Warrior* (ANW) national finals where he will try to be the first American to conquer the dreaded Mount Midoriyama. Steffensen and his girlfriend, Kacy Catanzaro, are managing partners at Alpha Warrior, a vast San Antonio training facility complete with replicas of ANW obstacles. When Steffensen isn't practising the Warped Wall or Salmon Ladder at Alpha Warrior, he's training using various body-weight disciplines.

"I'd been doing body-weight circuit training for many years before I started ANW," says Steffensen. "I started out as a gymnast, then added snowboarding, diving, trampoline and freerunning/parkour."

Steffensen shifted his focus to rock climbing for Season 7 to build grip strength for ANW (aired on SBS 2).

"Obstacles tend to require a ton of grip strength, but aside from being physically prepared, you also have to be able to adapt on the fly," says Steffensen. "They're always throwing in new 'never been done before' obstacles, which level the playingfield for all."

Although ANW success requires diverse training, a ninja diet can't stray too far away from performance foods. Ninjas need to stay lean and light to be



## EYES ON THE PRIZE

The ANW Season 7 grand prize is \$1 million, double the Season 6 purse.

## JUICED UP

Pomegranate juice, one of Steffensen's go-to fuel sources, helps support exercise. Here's a closer look at how.

### NITRIC OXIDE (NO)

Nitric oxide helps your body get the oxygen and nutrients it needs during exercise. Certain types of polyphenols, like those found in pomegranates, may help increase NO bioavailability by protecting it from breaking down in the body. Research suggests pomegranate polyphenols may enhance exercise efficiency.

### NATURAL ENERGY

Like many fruits, the pomegranate is naturally sweet, and its sugars provide energy; 100% pomegranate juice contains glucose and fructose in roughly balanced proportions, giving it a glycemic index (GI) of 53. Foods with a GI value of less than 55 are considered to be low.

### POTASSIUM: A KEY ELECTROLYTE

Drinking 235ml 100% POM Wonderful Pomegranate Juice is a good source of potassium, an electrolyte important for muscle function. A 235ml serving of 100% pomegranate juice has as much potassium (600mg) as a medium banana.

Some information from this article provided by POM Wonderful.



able to hold their own body weight for extended periods of time. Steffensen adheres to a largely plant-based diet.

"I find that a natural, whole-food diet works for me," he says. "I love blending fresh smoothies because they are packed full of nutrients and easy to digest. I enjoy smoothies post-workout."

Steffensen's favourite smoothie starts with pomegranate juice as a base, then he adds a banana, coconut shavings, carob, chia seeds and a few slices of fresh raw beetroot.

The seven-season ANW veteran says he'll be back for Season 8 and shared his plans for longevity.

"I plan on competing for as long as it's around," he says. "One day they'll be calling me Grandpa Ninja."

NBC/GETTY



# Play hard

Israeli-born actress **INBAR LAVI** says the roles that make her afraid also make her work that much harder. Here's what else she told us.

BY PAMELA NULLET

## SHE...

... plays a soldier on GO's *The Last Ship* and bruises frequently from all the action sequences.

... played goalie on her soccer team in school. With no intent to craft a double entendre, she said, "I was great at blocking balls with my boobs".

... warms up her voice in the shower with Etta James and Ray Charles.

... relished being one of the only girls on the set of *Gang Related*. To make up for her size [she's 160cm], she got to carry the biggest guns.

... ditched gluten because it didn't agree with her, but will put up with the stomach grumbling for a great bowl of gnocchi.

... feels sexiest when she first comes out of the shower.

... knows a guy is interested in her when he's looking at her lips.

... considered visiting a fan in prison after he sent her a letter. I thought for a minute, "What if I go and make this dude's day?"

... learned a lot working with Vin Diesel on *The Last Witch Hunter*. "He comes to work every day ready to battle."



# The will to win

2015 Arnold Classic Physique winner **SADIK HADZOVIC** offers tips to elevate your training to the next level.

**BY MARK BARROSO**

**YOU CAN TELL BY** looking at Sadik Hadzovic that he knows his way around a gym. That's because it's a job requirement – well, for his second job, anyway. After Hadzovic finishes his day job as a real estate property manager, he puts in overtime at Bev Francis Powerhouse Gym in order to maintain his status as a top-tier IFBB physique pro. The 2015 Arnold Classic Physique winner has trained at Bev's for years, absorbing workout knowledge like a sponge. Adding to Hadzovic's training education were "old-school Dorian Yates workout videos" and his trainer, IFBB great Dennis James, the creator of MTUT (Menace Time Under Tension).

"MTUT starts with a 30-second rep followed by three fast reps," Hadzovic says. "I preserve my joints by doing fewer sets and reps while forcing as much blood into the muscle as possible."

Hadzovic cites giving "maximum effort every second for 12 weeks" and visualising himself being awarded the trophy as the keys to his Arnold Classic win.

"The first six weeks of my contest prep, I do high reps and the final six weeks is heavy weight, low reps and low rest periods," he explains.

For cardio, Hadzovic does high-intensity interval training

for 30–45 minutes six weeks out from a show; that drops to about 15 minutes as the contest nears. Steady-state cardio is reserved for when he's "lean enough." When Hadzovic feels a craving for junk food coming on, he resists by drinking 500–800ml of water to feel fuller. "Another method: write down your goal when you get a craving," he says.

Lastly, Hadzovic suggests allowing the mind to lead the body to victory.

"Be goal oriented and envision what your ideal physique is or you'll never have the mental edge you need."

## SADIK'S STATS

AGE: 27

HEIGHT: 180cm

WEIGHT: 186kg

RESIDENCE:

New York, US

TWITTER:

@SadikHadzovic

As we went to press, Sadik was a favourite to win the Physique Olympia title at the 2015 Olympia weekend.



## HADZOVIC'S SHOULDER WORKOUT

EXERCISE	SETS	REPS
Seated barbell press	4	10
<i>SUPERSET WITH</i>		
Behind-the-neck barbell press	4	10
Dumbbell lateral raise	5	10
<i>SUPERSET WITH</i>		
Upright row	5	20
Dumbbell bentover lateral raise	3	15
Machine shrug	4	20

PER BERNAL





1



2



3



4



5

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3

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# TRAIN

BUILD MUSCLE, BURN FAT, PERFORM BETTER

## The long haul

Former *M&F* cover model **ROB YUELLS** still pushes his body to the limit.

BY MARK BARROSO





**DID YOU KNOW?** Youells is the drummer for Generation Kill, and making an album with the rapper DMC.

## OVER 40 TRAIN



### IFBB PRO BODYBUILDER

Rob Youells is training to see his fitness career come full circle in 2016.

"I'd love to compete in the New York Pro," says Youells, 42. "A lot of the pros in the area – Jon DeLaRosa, Marco Rivera, Juan Morel – we're like a family. I came up with them, and to jump onstage with them would be awesome."

Youells places maximum emphasis on a workout's first exercise, doing six to eight sets, then a series of dropsets. The next week, an alternate angle is used to target the same body part.

"I start with a different point of flexion to allow for more healing time," he explains.

Youells also uses rest-pauses, forced reps and giant sets to

### YOUELLS' CHEST EXHAUSTION WORKOUT

EXERCISE	SETS	REPS
Incline Barbell press*	10	10-14
Dumbbell flye	4	8-10
Decline machine press	4	8-10
Dip	4	Failure
Push-up	4	Failure

\*After the sixth set, remove half of the weight. Then, perform four dropsets, lowering the weight after each dropset. Switch between wide, regular and close hand grips. Reach failure at 10-14 reps on the last dropset.

### THE STATS

AGE	HEIGHT	WEIGHT
42	178cm	111kg
RESIDENCE		
New Jersey, US		
SPONSOR		
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trigger growth. A bodybuilder since 2003, Youells tailors moves to avoid injury.

"French presses feel great, but if I lean my elbows too far back on skull crushers, my shoulder aches for days," says Youells.

Squats and curls get modified, too. "When squatting, I'll take a wide grip, or I'll front-squat instead," adds Youells. "I started getting tendinitis from barbell curls. Now I use anEZ-bar or dumbbells and haven't had any issues."

As for nutrition, Youells urges that carbs are not the enemy.

"I did zero-carb days when I was younger, and I would get leaner but lose muscle volume."

As you can tell from the workout shot above, Youells' engine doesn't stop. "When I'm excelling at something, I put more effort into it. That's what has always motivated me."



**QUICK TIP**

Set your feet shoulder-width apart or wider to start so you can balance. As you get stronger, move your stance in.

# Plank plus

A regular plank isn't enough for you anymore. Make it harder by adding a row to work your back and core all at once.

**BY SEAN HYSON**

## HOW TO DO IT PLANK DUMBBELL ROW

**1**

### GET SET

Get into push-up position with your hands holding on to a pair of dumbbells with a neutral (palms-facing) grip. Keep your back flat and brace your core.

**2**

### GO

Keeping your hips and shoulders level, row one dumbbell to your side. Begin by drawing your shoulder blade back. Alternate sides on each rep.

**DID YOU KNOW?** Rowing the dumbbell makes it harder to avoid rotating at the torso, so this move trains your abs to brace your spine effectively while building your lats.



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**ANDY McDERMOTT** is a fitness coach in Hollywood. For free training advice, follow him on Facebook: [AndyMcDermottFitness](#), Instagram: [@andymcdermottfitness](#) and Twitter: [@andymcd23](#)

# Total-body blaster

Neglecting exercises like the side lunge leads to muscle imbalances and injury. This workout fixes all that.

## WHAT IT IS

A circuit composed of side lunges, pull-ups, hand walkouts, and sprints, designed by US-based celebrity trainer Andy McDermott. After a five- to 10-minute warm-up, set a timer for 10 minutes. Start the circuit at a brisk but sustainable pace and don't stop until the 10 minutes are up.

## WHY IT WORKS

Alternating hemispheres of the body jacks up your heart rate, but the real key is the use of uncommon moves like side lunges and hand walkouts. Side lunges stimulate fibres in the adductors and abductors that don't get much attention during most leg lifts. Hand walkouts uniquely stimulate the core, shoulders and arms.

## THE WORKOUT

**DIRECTIONS:** set a timer for 10 minutes and do the following exercises as a circuit without resting.

EXERCISE	REPS
▼ Side lunge	10 each side
Pull-up	5-10
Hand walkout*	5
Sprint/stair run	30 sec

\*From a standing position, bend down to touch the floor, then walk your hands out until you are in a plank with your arms stretched out. Do controlled reps.

## SIDE LUNGE

Take long steps to either side, letting the trail leg stretch out straight. Push through the heel of the bent leg to return to the start.







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# Stop thinking

The best way to stay motivated is not to try so hard. **BY ADAM BORNSTEIN**

**Q** “How do you find motivation again when it lags?”  
— JASON

**A:** **MOTIVATION IS BS.** The prefrontal cortex of your brain is where willpower comes from. It also handles day-to-day tasks, short-term memory and focus. In short, it's overworked, so how can you expect it to keep you on task with your fitness goals when it's already busy

paying your bills and remembering your wedding anniversary?

The way to achieve your goal isn't through periodic shots of adrenaline, but rather by making small appointments that you keep on a regular basis. Take this study from the *British Journal of Health Psychology*. One group of exercisers tracked their workouts; a second group tracked and was motivated to train by reading about how exercise prevented disease; a third group did the same as the second but also made a specific commitment to get at least 20 minutes of exercise on a

particular day, time, and place every week. Guess what happened: the third group had the highest rate of compliance, at 91 percent.

Why does it work? Because building one habit at a time helps reduce cognitive load, meaning your brain has less to process. Breaking goals down into little pieces lets you pick them up a day at a time — you don't get overwhelmed by the seeming enormity of what you want to accomplish and can see it through. Think of it this way, and achieving a goal is no different from checking off any other to-do list.





**DEFINING MOMENTS**

"Understand your why and you'll understand your way."

- ALDEN MILLS

# Seal the deal

**ALDEN MILLS**, former Navy SEAL commander and founder of Perfect Fitness, is on a mission to help you succeed. **AS TOLD TO ZACK ZEIGLER**

**SETS AND REPS** are not my favourite things to discuss. At the end of the day, the single most important muscle that needs to be worked is between your ears.

If you remove the laws of physics the only two limitations we have are our own imagination and determination. Buckle down on those two pieces and focus on what you can control - your body, your brain and your attitude.

When I was diagnosed with asthma at 12 years old, the doctor told me I had to learn to play chess. While I was crying on my mother's shoulder, she said, "You decide your limits, nobody else. Choose what you want to do, put a plan in place and figure out how

you can do it."

If you don't understand your "why" and connect it to a passion it's like being in a rowboat without two oars. I tell a story in my book about two guys in SEAL training. I swear the instructors left the hell week agenda out so someone would steal it. Two guys stole it. I didn't want to know what was on it, and the guys who did look at it quit before hell week started; they psyched themselves out.

Don't kill yourself trying to achieve some arbitrary goal because you think it would sound cool to other people. You're not doing it for other people. You're doing it for yourself.

A lot of people emphasise a

weight goal instead of conquering an activity. You want to swim a kilometre, walk up Mount Rainier, or do an ultramarathon? Weight isn't the axle, and a scale between your feet will not dictate whether you have a good or bad day.

The body obeys the brain. Condition your brain to get your body to perform the way you want it to perform.

Viewing failure as a positive can allow you to learn why something doesn't work. It's part of the journey. The obstacle is the path.



**GET MOTIVATED**

Pick up a copy of Mills' book, *Be Unstoppable: The Eight Essential Actions to Succeed at Anything*, at his website [perfectonline.com](http://perfectonline.com).

COURTESY OF PERFECT FITNESS

# Leg work

Cayle sent us his leg workout and told us he suffers from knee and hip pain. Here's how we helped him work around it.

BY SEAN HYSON



## QUICK TIP

If you suffer from hip or knee pain, use full ROM on completely stable moves, like the single-leg leg press.

## CAYLE'S OLD WORKOUT

EXERCISE	SETS	REPS
Squat	3	5
Dumbbell lunge	4	10
Romanian deadlift	3	8
Leg curl	4	10

**M&F RATING: C-**

## OUR ADVICE

If full range of motion (ROM) squats aggravate your hip, don't go as deep. **SQUAT TO A BOX THAT CUTS YOU OFF AN INCH OR TWO ABOVE PARALLEL.**

Box squats also help with knee pain, forcing you to sit back, keeping tension on glutes and hamstrings, not your knees. You can use full ROM on other exercises to make up the difference for complete development.

## CAYLE'S NEW WORKOUT

EXERCISE	SETS	REPS
Box squat	3	5
Unilateral leg press*	4	10
Romanian deadlift	3	8
Leg curl	4	10

\*Press with one leg for all your reps, then the other. Rest the non-working foot on the floor.





## QUICK TIP

Don't try to press the bar straight overhead. Lean into the bar and press it out.

# Blow up your shoulders

Overhead pressing builds big, powerful shoulders, but if you have shoulder or lower back pain, it may not be safe. The landmine press, however, is. The arc of the bar lessens the pressure on your joints, while the unilateral nature of it trains your core. **BY BEN BRUNO**

## HOW TO DO IT LANDMINE PRESS

**1** **LOAD A BARBELL INTO A LANDMINE UNIT** or wedge it into a corner. Hold the opposite end by the sleeve at shoulder level and stand with feet shoulder width. You can also use a T-bar row (pictured).

**2** **PRESS THE BAR UP,** keeping your core tight. Don't twist your torso.

**QUICK TIP** The landmine can also be used for one-arm rows, lunges and Romanian deadlifts.



# Jump!

I'm always trying to overcome the force of gravity with a barbell or by jumping. Everyone knows about Westside squatters – but what about their jumping ability? **BY LOUIE SIMMONS**

## JUMPING DEMONSTRATES

explosive power. Explosive power, defined as the ability to rapidly increase force, is performed at high velocity. The steeper the increase of strength in time, the greater the explosive strength. (It's a misconception that Olympic lifting – a speed strength sport – demonstrates explosive power.)

To develop explosive strength in the gym requires a multipart process.

### 1. SPEED SQUATS AND SUMO DEADLIFTS

The first part of developing explosive

strength involves speed squats and sumo deadlifts.

We start our training with speed squats, performed over a three-week pendulum wave, for an average of eight sets of two reps. We work with a bar weight of 50% of 1RM in Week 1, 55% in Week 2 and 60% in Week 3, followed by successive three-week waves using the same progression in each wave, from 50% to 60%.

In addition to the bar weight, we also work with bands. We use band tension of 25% at the top of the lift and 10% at the bottom of the lift (because of band shrinkage). The bands force

the lifter down faster than just weight alone (overspeed eccentrics), causing an increase in the amount of kinetic energy. This is the key to developing greater reversal strength in the concentric phase of the lift.

Immediately following speed squats, we do sumo-style deadlifts for six sets of two reps. We work with a bar weight of 50% of 1RM, with additional band tension of 30% at lockout and 10% at the bottom of the lift. This builds not only a strong finish (as one must overcome the additional band tension at lockout), but also a strong start.



Let's look closer at the actual amount of resistance being used when training speed squats. We work with bar weights that range from 50% to 60% of 1RM, with an additional band tension of 25% at the top of the lift. Therefore, the actual amount of resistance at lockout (when combining the bar weight and the band tension) is 75% of 1RM in Week 1 (50% + 25%), 80% of 1RM in Week 2 (55% + 25%) and 85% of 1 RM in Week 3 (60% + 25%), a range of 75–85%.

In a research study conducted in 1975, the data obtained from 780 top European weightlifters showed that 50% of the training used for building speed strength should be at 75–85% of 1RM.

This is a well-planned system that combines explosive strength at the bottom and speed strength at the top.

## 2. JUMPING

The second part of developing explosive strength is jumping, but against resistance.

The jumps are done with ankle weights, weighted vests, kettlebells and combinations of the three. Performing 40 jumps twice a week works well for most.

We use a low (30cm) box to jump on, just as we do when box squatting.

## 3. SLED AND STRONGMAN WHEELBARROW

The third part to developing explosive strength is training with a sled and a strongman wheelbarrow, which will also raise your general physical preparedness (GPP).

Sled pulling (driving with the heels) builds all muscles that squat and pull, but without the constant pounding on the spinal column. For power sports, 55 metres per trip is a good distance. The wheelbarrow will build every muscle from the calf to the traps and, as an extra, will build a great grip.

To increase hip, hamstring and glute strength, use the reverse hyper, inverse curl machine, then walk on a

Westside Barbell belt squat machine. Finish by doing 100–200 leg curls (do these daily), with 5–10-kilo ankle weights. This will help keep your knees healthy and thicken the soft tissue around the knees.

Raising your GPP will enable you to train at a higher intensity, more often. The greater the athlete you want to become, the more special exercises you must introduce into your training. Your GPP will pay great dividends to your specific physical preparation (SPP).

Good luck!

## AND THE RECORDS ARE...

Westsiders are continually attempting new records in all jumping exercises. The current Westside Barbell record for a kneeling jump onto the feet is with a 265-pound (120kg) bar on the back. This same individual performed a kneeling jump onto a 31 inch (81cm) box!



From doing jumps with 70-pound (31.5kg) dumbbells for five sets of five reps, John Stafford, at 183cm tall, could jump up and touch 350cm. John also has an 832-pound (377kg) deadlift. Andre Henny, at a body weight of 460 pounds (208.5kg), could jump onto a 20-inch (51cm) box while wearing a 160-pound (72.5kg) weight vest.

Yurik Vardanyan, a 181-pound (82kg) Soviet weightlifting champion, performed a 24-inch (61cm) vertical jump (measured from the ground to the bottom of his feet), with a 90-pound (41kg) bar (50% of his body weight) on his back – an incredible demonstration of absolute and explosive strength. Yurick also performed a standing long jump of 3.7 metres and a three-step high jump of 2.15 metres and ran 100 metres in 10.6 seconds.

## HOW TO DO IT BOX JUMP

- 1 ROCK BACK AND** swing your arms to the rear, while lifting your feet off the ground.
- 2 SWING YOUR ARMS** forward and slam your feet down as you jump up to the box. The same technique works for the long jump. A different method is to stand in foam and box jump. This is just like jumping out of sand.

The following exercises will help you build a solid base for jumping

- 1 START STANDING:** with “one foot in front of the other, and while keeping your legs straight, press a barbell overhead for 3–8 reps.
- 2 START ON YOUR KNEES:** jump to your feet (begin adding weight to a bar on your back). With a bar on your back, simultaneously push the bar overhead and jump to your feet.
- 3 WITH A BAR IN FRONT** of you up against your thighs, power snatch to your feet. Split snatch to your feet.





# EAT

WHAT'S IN THE FRIDGE THIS MONTH

## Fibre fix

Bump up your intake to aid weight loss, get healthier, and live longer.

BY MARK BARROSO



**“I’ve heard fibre is good for digestive health. What’s the best type to eat?”**

— RICHARD

**A:** **WHETHER YOU** count macronutrients or not, it’s important to be mindful of fibre: the non-digestible form of carbohydrates. Fibre is either soluble or insoluble, and both types can improve heart health and longevity and increase satiety.

“Soluble fibre dissolves in water into a gel-like material,” says exercise physiologist Tom Holland. “Fibre, especially soluble fibre, can slow the absorption of sugar in our bodies, which may delay hunger, assist in weight maintenance, prevent type-2 diabetes and help diabetics.”

Holland says oatmeal, apples, blueberries, carrots and celery contain soluble fibre, while insoluble fibre is found in brown rice, broccoli and leafy vegetables.

“Insoluble fibre passes almost intact through the gastrointestinal system,” says Holland. “It helps prevent constipation by adding bulk to stool and speeding up the rate at which food passes through intestines.”

So how much fibre do we need?

In 2002, the US Institute of Medicine published a report suggesting men and women under 50 consume 38 and 25 grams of fibre per day respectively. Hitting these numbers can add years to your life and keep you lean.

According to a new meta-analysis of 25 studies in *The North American Journal of Medicine and Science*, people who ate the most fibre had a 23 percent lower all-cause mortality rate compared with those who ate the least fibre.

Eight studies in a 2014 *American Journal of Epidemiology* analysis

showed a 10 percent lower risk of mortality with each 10-gram daily increase in fibre intake. And for heart health, an extra 7g fibre a day lowers risk of cardiovascular disease by 9 percent, according to a 2012 *BMJ* study.

“To put these numbers in perspective, an apple has 3 grams of fibre, ½ cup of green peas has about 9 grams and one cup of black beans has almost 20 grams,” says Holland.

Fibre’s role in weight loss is played out meal by meal. Recent research suggests pectin and other soluble fibres show the most significant appetite-reducing effects during the day of consumption, so you may want to place these types of fibrous foods high on your grocery list.

“Fibre-rich foods require more chewing, decreasing the likelihood of overeating by giving the body time to register the feeling of fullness,” says Holland.

## FIBRE SALAD

Get your fibrefix with Holland’s easy-to-make salad recipe.

SERVES 1

- ½ cup black beans
- ½ cup corn
- ½ cup edamame
- 3 chopped egg whites

**MAKE IT:** toss ingredients in a bowl and use a dressing of your choice.

### NUTRITION PER SERVING

<b>351</b> CALORIES	<b>33g</b> PROTEIN	<b>45g</b> CARBS	<b>7g</b> FAT
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## POTENT

This salad has **14 grams** of fibre. If preferred, substitute another protein for the egg whites.





**QUICK TIP**

Try soaking the plank in wine or cider for extra flavour. Tabasco-flavoured wood chips can offer subtle heat.

# Quick & easy

The only thing better than the flavour of this cedar plank salmon: how simple it is to make.

## CEDAR PLANK SALMON

MAKES 2 SERVINGS

**FOR THE SALMON**

- 2 170g salmon fillets, skin off
- 1 tsp olive oil
- Salt, to taste
- Pepper, to taste

**FOR THE CHIPOTLE RICOTTA**

- 1 tbsp chipotle in adobo sauce
- 55g ricotta cheese
- Salt and pepper, to taste

**FOR THE CITRUS AVOCADO SALSA**

- 1 tbsp orange juice
- 1 tbsp lemon juice

- ½ avocado, diced
- 1 tbsp diced tomato
- 1 tbsp diced brown onion
- 1 tbsp chopped coriander
- 1 tbsp chopped mint
- Salt and pepper, to taste

**SALMON**

1. Preheat grill to medium-high heat.
2. Rub salmon fillets with oil and season with salt and pepper. Lay salmon on a cedar plank.
3. Place plank on the

centre of grill and cover. Cook for 10 minutes, or until internal temp reaches 50°C.

4. Serve with chipotle ricotta and citrus avocado salsa.

**CHIPOTLE RICOTTA**

1. In a blender, purée the chipotle until smooth. Mix in ricotta, salt and pepper.

**SALSA**

1. Mix all ingredients gently.

**NUTRITION PER SERVING**

**485**  
CALORIES

**48g**  
PROTEIN

**8g**  
CARBS

**28g**  
FAT



**FIT FACT**

If you want to add size, beef is prime protein. It contains about 2 grams of creatine per 500g.

**BEEF WITH BROCCOLI**

YIELDS 4 SERVINGS

- $\frac{3}{4}$  cup low-sodium soy sauce
- 2 tbsp honey
- 2 tsp sesame oil
- 2 cloves of garlic, minced
- 2 tsp grated fresh ginger
- $\frac{1}{4}$  tsp crushed red chilli flakes
- 700g skirt steak, cut into 2.5cm thin slices
- 1 tsp canola oil
- $2\frac{1}{2}$  cups broccoli florets

- 1.** Whisk soy sauce, honey, sesame oil, garlic, ginger and red chilli flakes in a bowl. Place steak in a shallow dish. Pour half the marinade over steak. Marinate for 20 minutes. Save leftover marinade.
- 2.** Heat the canola oil in a large non-stick pan or wok over high heat. Remove beef from marinade and cook 5 minutes.
- 3.** Add broccoli and remaining marinade and stir-fry up to 5 minutes, or until broccoli is crisp-tender. Serve beef mixture over rice, if desired.

**NUTRITION PER SERVING**

<b>449</b> CALORIES	<b>50g</b> PROTEIN	<b>16g</b> CARBS	<b>28g</b> FAT
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# Beefed-up vegies

Everyone likes Chinese takeaway, but it comes with excessive salt and oil. We made a better beef and broccoli that doesn't sacrifice flavour or muscle-building benefits. **BY NICOLE DONNELLY**

FOOD STYLING BY EUGENE JHO



# Quinoa

This superfood pumps up the protein content of any dish. **BY AMY SCHLINGER**

## COMPLETE PROTEIN

Quinoa contains nine essential amino acids that are not produced in the body.

**1**

### WHIP UP A BREAKFAST BOWL

In a pot, bring  $\frac{1}{4}$  cup rinsed quinoa,  $\frac{1}{2}$  cup water and a pinch of salt to a boil. Reduce heat, cover, and simmer 10 to 12 minutes or until quinoa is cooked. Coat the bottom of a bowl with  $\frac{1}{2}$  cup low-fat Greek yoghurt. Add in cooled quinoa,  $\frac{1}{2}$  cup berries of choice and  $\frac{1}{4}$  cup sliced almonds. Drizzle with honey.

**2**

### TOSS A SALAD

Combine juice of 1 lemon, 1 minced garlic clove and  $\frac{1}{4}$  cup olive oil in a bowl. Add half of this dressing to 4 cups cooked quinoa, toss and chill for 5 minutes. Add 2 cups sliced cherry tomatoes, 1 medium chopped cucumber,  $\frac{1}{3}$  cup chopped parsley and the remaining dressing.

**3**

### SAUTÉ IT WITH PINEAPPLE

In a pan, combine 1 tbsp olive oil, 3 diced garlic cloves and 1 medium diced onion and cook for 5 minutes. Add 1 diced red capsicum and  $\frac{1}{2}$  cups diced pineapple and cook until pineapple is soft. Mix in 4 cups cooked quinoa and  $\frac{1}{4}$  cup coriander. Cook 1 minute and serve.

**4**

### BAKE A CASSEROLE

Preheat oven to 175°C. In a pan, heat 1 tbsp oil and 1 small, diced brown onion. Add in 2 chopped broccoli heads; sauté 5 minutes. Slowly stir in 1 cup milk and 1 cup shredded cheese. Add  $\frac{1}{2}$  cups rinsed quinoa and stir. Transfer to greased baking dish and bake for 10 to 15 minutes.

**5**

### MAKE A STUFFING

Preheat oven to 190°C. In a pan, combine 3 chopped garlic cloves, 1 chopped brown onion and 1 medium chopped zucchini; cook 10 minutes, then combine with 4 cups cooked quinoa, 2 chopped plum tomatoes and  $\frac{1}{3}$  cup chopped parsley. Stuff 6 small seeded, halved capsicum with mixture. Bake in foil-covered dish for 30 minutes. Remove foil. Bake 20 minutes.



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# From SURF to IRON

BY DAVID ROBSON /// PHOTOGRAPHS BY NOEL DAGANTA

**How bodyboarding  
champion Sonny Brown  
conquered the fitness  
modelling industry**









though he waited until he was 20 to begin building the physique that has taken him around the world and positioned him as one of Australia's foremost contest-prep coaches, top Aussie men's fitness model Sonny Brown urges all aspiring physique athletes to start younger to build a physical foundation for success.

Brown, a former Australian bodyboarding champion, was born and raised in sunny Portugal and spent much of his time on the ocean, catching waves and surfing up a storm. Now 29, the man with a killer six-pack and 1000-watt smile has switched his fitness focus – the waves he now rides are ones of success on the ultra-competitive men's fitness modelling circuit.

"To be the national bodyboarding champion at age 16 was a big achievement for me," Brown says. "But by 18 this passion had dropped off and I found I had a missing link in my life. I went through a rough patch and I needed to find something that opened my mind and changed my way of thinking to achieve more. Eventually at age 20 I started lifting weights. That [living the fitness lifestyle] was the missing link, and I had finally found it."

While his bodyboarding dreams were being fulfilled and he was enjoying the perks of a life devoted to the sea, Brown's personal life was spiralling out of control. He began losing the fitness focus that had enabled him to out-surf the competition. Leaving Australia's Gold Coast and the surfing lifestyle for Europe and fame, fortune and freedom from the "down and out" existence he was seeking to escape only pushed Brown further into a debauchorous life of excess. Parties, fine wine and the acquisition of wealth replaced exercise and healthy living. But luckily, a return to Australian shores following a two-

year hiatus, signalled the beginning of Brown's rise to the pinnacle of international fitness modelling.

"I'm a big believer that if you truly want something in life you can make it work," he says. "I had this vision and a belief system and knew it wasn't going to happen overnight. I worked in the gym every single day and removed myself from situations that were not going to take me anywhere positive. I'm thankful I went through so much adversity at a younger age. I was able to do a lot of work on my mental state and work on my issues that hadn't been resolved from my childhood. It has made me a better man and has allowed me to focus on reaching my goals. I'm doing something with my life that so many guys will never be able to do. They're out there partying, doing drugs, unfocused and chasing the next weekend. My idea of living life to its fullest is waking up every day feeling great about who I am and where I'm going."

Being a role model, sharing his fitness journey and forging an army of elite-level athletes through his premier contest prep service Team Greater Health is Brown's current focus. "It has always been my vision to be a role

model, both in my community and in the fitness industry," he says. "I want to share my story of how I overcame my struggles in life through training."

### THE ONLY WAY IS UP

From the day he signed up at his first gym – the decidedly old-school KO Fitness on the Gold Coast's "ghetto-like" Miami Beach – Brown committed to becoming an ambassador for the Australian fitness community. It was around this time that he began setting a series of hefty goals – land some career-defining covers and be shot by the world's leading fitness photographers. If these seemingly impossible milestones were not enough for the big-dreaming Brown, he further committed to leading the way for Aussie male and female fitness models on the world's biggest contest stages.

In the years to follow, the aspiring fitness model toiled with a view to building the "complete physique: one with perfect shoulders, a small waist, a killer six-pack and muscular legs with calves to match – a winning physique across the board, the Frank Zane look." Beginning his ascent on the domestic scene, in 2011 garnered Brown, then-25, a series of top placements and the experience needed to foot it with the big boys on the US circuit. By 2013, he was ready to make good on his earlier predictions.

First mission: the 2013 WBFF Los Angeles Championships, where he achieved a respectable top-three placement as the only Aussie, at the time, to contest an international fitness model event.

**It has always been my vision to be a role model, both in my community and in the fitness industry. I want to share my story of how I overcame my struggles in life through training**



A Michael Neveux photo shoot shortly followed, which gave Brown his first major fitness magazine exposure. Since then, the energetic Aussie has appeared on the cover of both *Ironman* magazine and *Men's Muscle & Health* and has been shot by the best lensmen in the business, including, most recently, the legendary Per Bernal. "My big break was landing my first cover [*Men's Muscle & Health*] two years ago," says Brown. "From when I first began weight training I had followed [pioneering men's fitness models] Greg Plitt, Julien Greaux and Mike O'Hearn. I remember picking up a *Muscle & Fitness* magazine at an

airport when I was 17, with Julian Greaux on the cover, a Bernal shot. I remember saying that I would be shot by Per Bernal one day."

In recent years, the lens, not the stage, has driven Brown to continue his fitness progression. Being immortalised in print by greats such as Bernal – "the only thing I knew I would take from that shoot is self-growth, which is why I started fitness" – has only reinforced his commitment to become the best in a hotly-contested business. "During my first big shoot, Michael Neveux told me that competing was a good base to start, but the energy, attitude and physique you bring to a shoot is what counts. I took so much away from that shoot that I had to ask myself what I really wanted from fitness, which was to pull back from competing and immerse myself in the world of fitness and to help others reach their dreams."

Which brings us to Brown's primary focus and passion: to help his numerous clients – many from as far afield as Europe, New Zealand and South East Asia – to realise their own fitness modelling potential. His 100-percent success rate does not surprise, as the lessons he imparts have been hard-earned through eight years spent progressively pursuing health and fitness improvements of his own.

"I feel that any client wanting to reach their full potential needs to reach a place of self-belief before first," says Brown. "Anyone who is doing their first show usually has an idea of how it will work but, with my guidance, by the time they become contest-ready not only have they learned about themselves, but they have learned what they're really made of. I get to watch people change their whole life and that drives me to work harder."

From his humble beginnings to his present day success, Sonny Brown has – through the wisdom of three words he lives by and which continue to guide his daily actions – become a much heralded name on the international fitness scene.

"I've seen some dark places in my life, but ever since joining that gym and giving it 100 percent I haven't looked back. Each day I wake up I ask myself what it's going to take to get closer to my goals and the answer is always the same: it's to work harder, to communicate with my clients, working on my website, get in touch with the top photographers in the world and push it in the gym."

If I continue to work hard and raise my bar, I will continue to succeed. The better I become, the closer I'll get to achieving my big dreams and goals." **MAF**





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# TUNA TIME

A large fishing boat is shown from a high angle, with its deck and upper structure visible. Several workers are on the deck, handling large fish. The boat is white with yellow accents. The background shows a calm sea and a distant shoreline under a cloudy sky.

If you're fishing for more muscle and you need a change from chicken and beef, you might wanna tune in to tuna. It's so easy to prepare – all you gotta do is crack the can. Try our recipes on for size.

**HIGH IN PROTEIN** and low in fat and calories, tuna is the perfect food for muscle-conscious blokes. A 95g can contains only around 70 calories and less than a gram of fat, but packs more than 16g protein. Keeping a can handy in your desk drawer or gym bag is a smart idea, but you don't want to just eat it straight out of the can. (Although we reckon there's nothing wrong with that!) Try your hand at the tasty recipes we've got for you over the page. Just remember – only buy sustainably-caught brands. There's only so any fish in the sea. Head to [greenpeace.org/australia](http://greenpeace.org/australia) and check out their tuna ranking guide.







## TUNA TIME

### MAKE IT BETTER

Use wholemeal pasta instead of white to make your meal higher in fibre and lower GI.

#### NUTRITION PER SERVING

**555**  
CALORIES

**39.5g**  
PROTEIN

**61.5g**  
CARBS

**15g**  
FAT

## TUNA PASTA WITH PESTO

MAKES 4 SERVINGS

400g dried rigatoni or penne pasta  
425g can tuna in springwater, drained  
250g cherry tomatoes, mixed colours  
Low-fat pesto:  
1 cup basil + extra for garnish  
1 clove garlic  
¼ cup grated parmesan  
2½ tbsp olive oil  
Salt & pepper

**1.** In a food processor, pulse basil, garlic and parmesan until smooth.

Slowly add the olive oil while processor is running. Season to taste with salt and pepper.

**2.** Cook pasta in a large pot of boiling water according to the packet instructions.

**3.** Meanwhile, place tuna and tomatoes in a large bowl. Add cooked, drained pasta and toss.

**4.** Add pesto to pasta mixture and toss well. Serve with extra parmesan and basil.



## TUNA AND BORLOTTI BEAN SALAD

MAKES 4 SERVINGS

- 1 400g can tuna in springwater, drained
- 1 420g can borlotti beans, rinsed and drained
- $\frac{1}{4}$  red onion, chopped finely
- 1 cup parsley, chopped

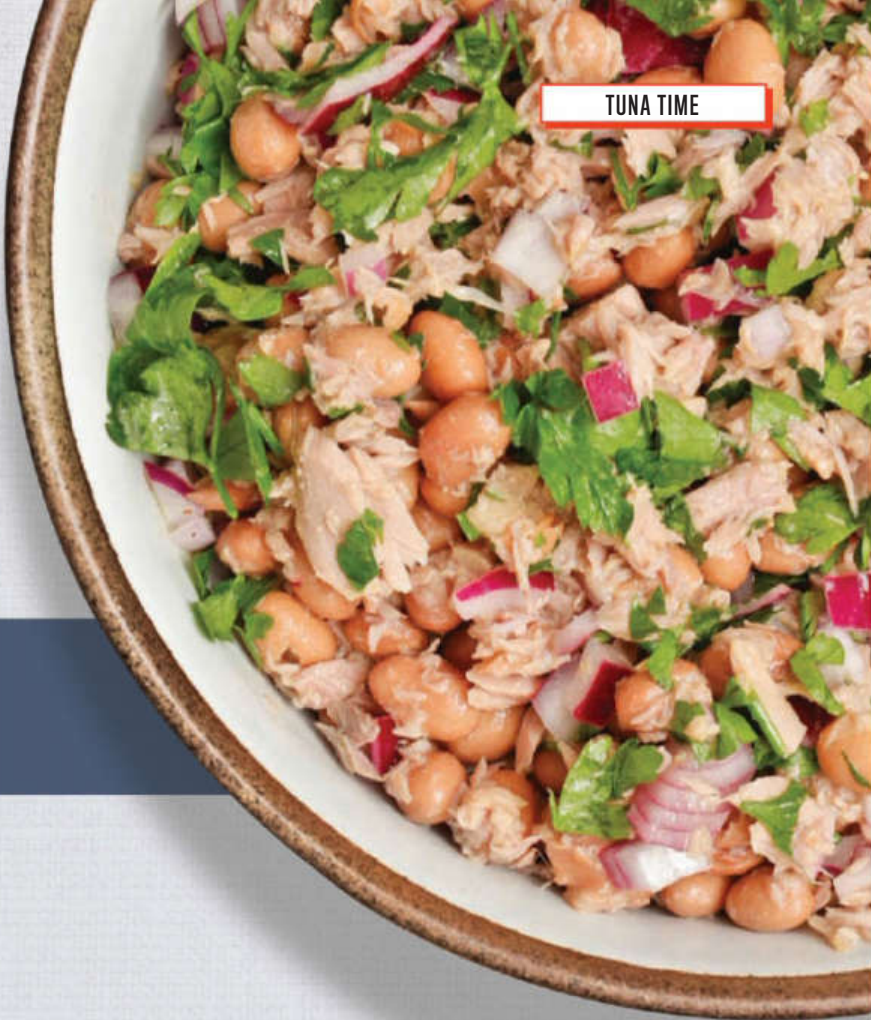
### DRESSING

- 2 tbsp olive oil
- 1 tbsp balsamic vinegar
- 1 small garlic clove, crushed
- 1 tsp Dijon mustard

1. Combine salad ingredients, chopping tuna into large flakes.
2. Place dressing ingredients in a glass jar and shake well until combined. Pour over salad and toss well.

### NUTRITION PER SERVING

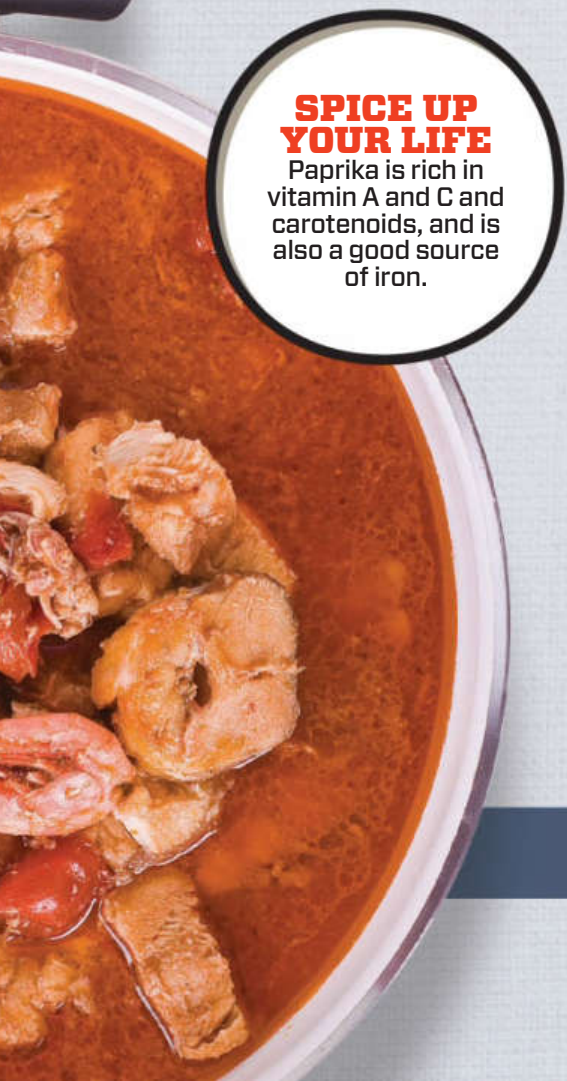
<b>332</b> CALORIES	<b>35g</b> PROTEIN
<b>25g</b> CARBS	<b>10.5g</b> FAT



TUNA TIME

## SPICE UP YOUR LIFE

Paprika is rich in vitamin A and C and carotenoids, and is also a good source of iron.



## SPANISH FISH STEW

MAKES 4 SERVINGS

- 2 tbsp olive oil
- 1 onion, finely chopped
- 1 red capsicum, chopped
- 3 garlic cloves, finely chopped
- 1 tbsp sweet paprika
- 400g can chopped tomatoes
- 2 cups fish stock
- 425g can tuna, drained
- 16 green prawns, peeled, deveined
- Crusty bread, to serve.

1. Heat oil in a pan over medium-low heat. Add onion and capsicum and cook, stirring until softened. Add garlic and paprika and cook for 1 minutes until fragrant.
2. Add tomatoes and simmer for 10 minutes or until slightly reduced. Add the fish stock and 3 cups of water. Season with salt and pepper.
3. Increase heat to medium-high and bring

- to a boil, then reduce heat and simmer for 20 minutes or until slightly reduced.
4. Add the prawns and tuna to the soup and cook for 2-3 minutes until the prawns are just cooked. Season and remove from heat.
5. Divide the soup among four serving bowls. Serve with crusty bread.

### NUTRITION PER SERVING

<b>278</b> CALORIES	<b>40g</b> PROTEIN	<b>9.5g</b> CARBS	<b>10.5g</b> FAT
------------------------	-----------------------	----------------------	---------------------







TAKE A BREAK  
FROM BODY-PART  
SPLITS AND ADD  
SIZE BY HITTING  
EVERY MUSCLE  
FOUR TIMES  
PER WEEK



# MAKE 4x THE GAINS

**HIGHER FREQUENCY = MORE MUSCLE**

BY CHAD WATERBURY PHOTOGRAPHS BY JASON ELLIS

**AS IS TRUE WITH ALMOST ANY SKILL**, the more you lift, the better you get at it (and the bigger you get as a result of it). The more frequently you train a muscle, the faster it's going to respond by growing. So if you've only ever trained one or two body parts in a session – totalling only one or two sessions for that area in a week – prepare to switch to a full-body, high-frequency routine that will bring gains at mind-blowing speed.

The problem with high-volume body-part splits is that they beat your muscles into the ground. For instance, if your chest day contains five or so different exercises for the

pecs, they'll need several days to recover before they can be worked again. It's great to train a muscle from all the angles and improve its work capacity, but going so long

between workouts robs it of a chance to be exposed to the training stimulus again sooner, and that's blowing an opportunity for growth.

To train a muscle more often, you have to reduce the work you give it in a single session, but that's OK. Instead of working your chest with 12 sets in one session, you might do 12 total sets over the course of a whole week, with each session building on the gains of the previous one. But just cutting back on the

volume in a workout isn't enough to ensure recovery. You have to be careful about exercise selection, too.

While muscles respond well to being worked often, the joints can resent it big time. Doing heavy bench presses one day followed by shoulder pressing and dips on other days will be hell on your shoulder joints and set you up for injury. To train often and safely, you need to pick mainly joint-friendly exercises and keep recovery foremost in mind, and that's why you'll see various chest-supported rowing movements and body-weight exercises in our program.

Training the whole body in each session will ensure you make balanced gains and work the same muscles four different times in a single week. Think about it: if you were hitting your arms once a week, that's 52 arm workouts a year. If you start hitting them four times a week, that's a whopping 208 arm workouts per year. Think your arms might be bigger after that? (Incidentally, if you are interested in prioritising your arms and/or calves, see the specialisation plan on the last page.)

## PULL-UP/LAT PULLDOWN

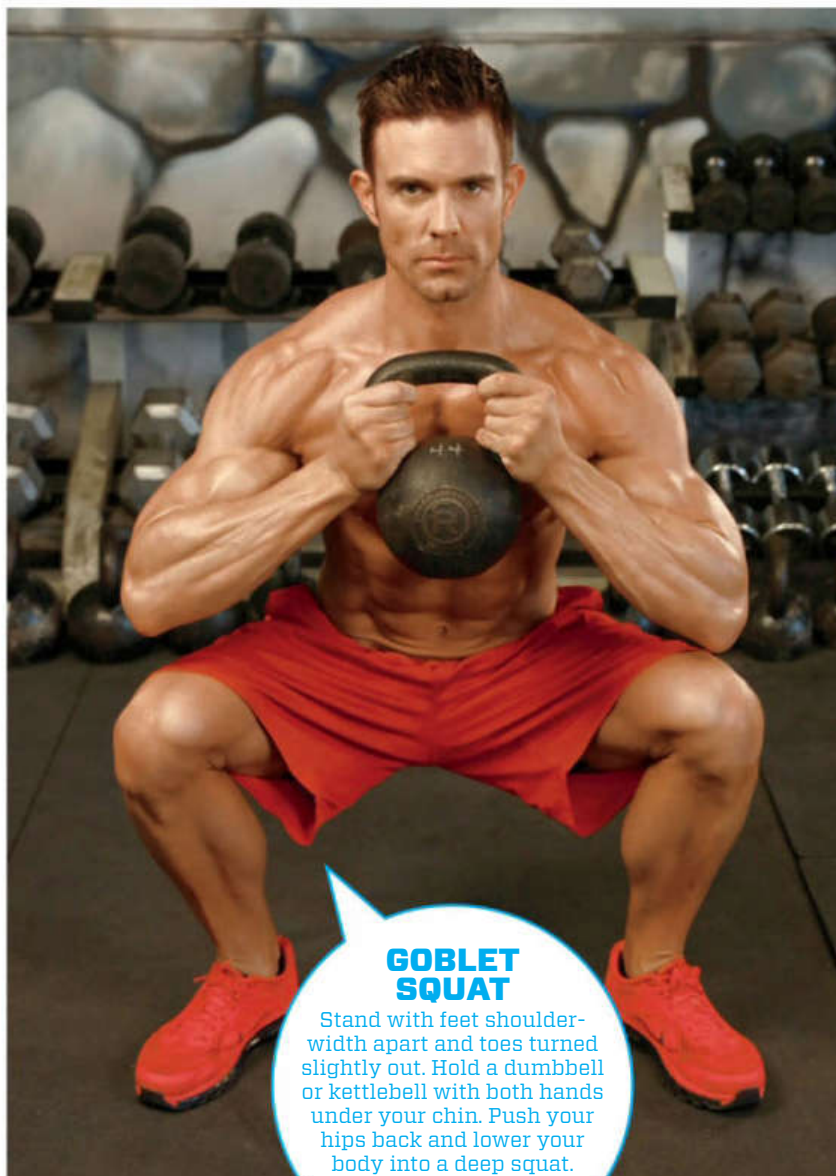
Pull yourself up (or the bar down) until your chin is over it and the bar nearly touches your collarbone. Hold this position.

## FEET-ELEVATED PUSH-UP

Rest your feet on a bench or other elevated surface that allows you to perform all the given reps. Begin in the top of the push-up position and try to pull your hands together. They won't move but actively trying to slide them together in front of your chest will activate more pec fibres. This is the position of the hold.

## CHEST-SUPPORTED REAR-DELT RAISE

Set the bench to a 45-degree angle and lie with your chest against it. Grasp a dumbbell in each hand and raise the weights up until your upper arms are parallel to the floor. Hold that position.



### GOBLET SQUAT

Stand with feet shoulder-width apart and toes turned slightly out. Hold a dumbbell or kettlebell with both hands under your chin. Push your hips back and lower your body into a deep squat.

Hold this bottom position.

4

## CABLE BENCH PRESS

Attach D-handles to the low pulleys of two facing cable stations. Place a bench in the middle, lie back on it and grasp the handles. Carefully press the handles over your chest one at a time and hold the finished (pressed) position. Lower the handles until your upper arms are parallel to the floor - no lower - and press up together on each rep.

## CHEST-SUPPORTED ROW, PALMS UP

Set the bench to a 70-degree angle and perform the row with your palms facing up. Hold the top position.

## DECLINE BENCH PRESS

Set the bench to a 15- to 20-degree decline and perform a bench press with hands set shoulder-width apart. Lower the bar to your sternum. Hold the up (pressed) position.

## LATERAL RAISE

Raise the weights out to your sides so they're level with your ears. Hold that position to begin each set.



4

**BULGARIAN  
SPLIT SQUAT**

Hold a dumbbell in each hand (or use your body weight alone) and rest the top of one foot on a bench behind you. The bench should be at lunge length so that, when you descend, your front knee doesn't travel in front of your toes. Keep your torso vertical and lower your body until your rear knee nearly touches the floor – hold this position. On your reps, come up until you're standing tall after each descent. Perform all your reps on one leg and then repeat on the other side immediately.

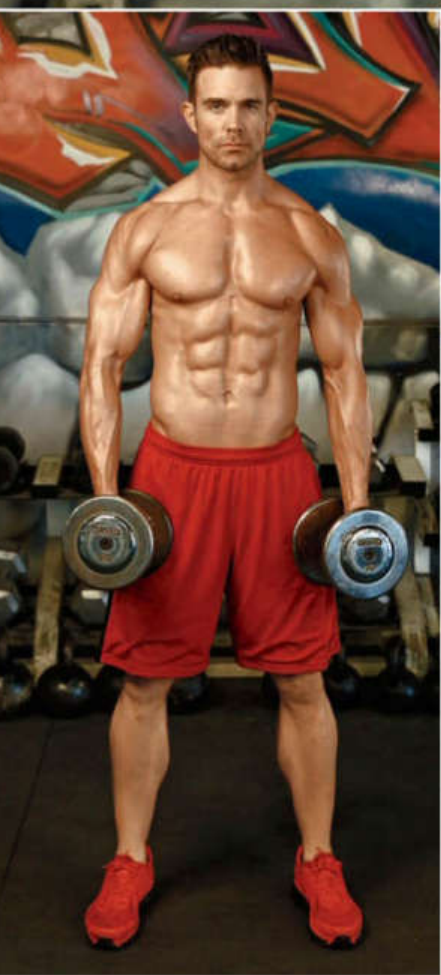
**CHEST-SUPPORTED  
DUMBBELL  
ROW**

Set the bench to a 45-degree angle and lie on it chest down with a dumbbell in each hand. With your palms facing each other, draw your shoulder blades back and together as you row the weights to your sides. Begin each set by holding the finished (rowed) position.





HIGH FREQUENCY



4

### NEUTRAL-GRIP FRONT RAISE

Hold dumbbells with your palms facing each other and raise them up to eye level at a slight angle from your torso so your arms form a Y-shape.



## MONDAY WORKOUT A

EXERCISE	SETS	REPS	REST
Chest-supported dumbbell row	3	*	90 sec
ALTERNATE WITH			
Cable bench press	3	*	90 sec
Bulgarian split squat	2	*	90 sec
ALTERNATE WITH			
Lateral raise	3	*	90 sec

## TUESDAY WORKOUT B

EXERCISE	SETS	REPS	REST
Pull-up (or lat pulldown)	3	*	90 sec
ALTERNATE WITH			
Feet-elevated push-up	3	*	90 sec
Barbell hip thrust	3	*	90 sec
ALTERNATE WITH			
Chest-supported rear-delt raise	3	*	90 sec

## THURSDAY WORKOUT C

EXERCISE	SETS	REPS	REST
Chest-supported row, palms up	3	*	90 sec
ALTERNATE WITH			
Decline bench press	3	*	90 sec
Goblet squat	3	*	90 sec
ALTERNATE WITH			
Neutral-grip front raise	3	*	90 sec

\*In Weeks 1 and 2, begin every set of every exercise with a five-second static hold. That means you'll hold a certain point in the range of motion for that lift. (See the exercise descriptions for how to do this for each lift individually.) Immediately afterwards, perform five full range of motion reps. Rest 10 seconds and perform a four-second hold, followed by four full-range reps. Rest 10 more seconds, do a three-second hold, then three reps. All of the above equals one set.

In Weeks 3 and 4, do a six-second hold and six reps; work down to a four-second hold and four reps.

In Weeks 5 and 6, do a seven-second hold and seven reps; work down to a five-second hold and five reps.

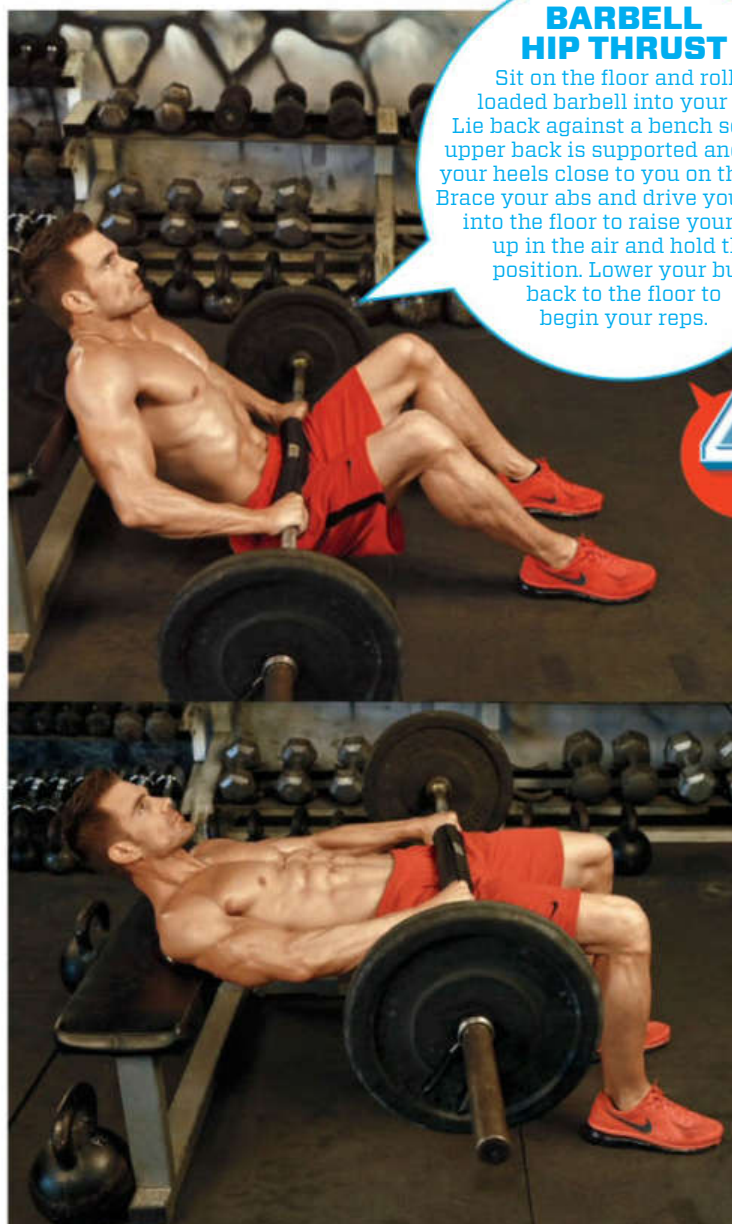
## 6-WEEK PROGRAM

You'll train four days a week on a rotating schedule. So you'll do Workouts A through C Monday through Thursday, and then you'll repeat the cycle with Workout A again on Saturday. (You'll pick up next Monday with Workout B.)

Each workout consists of exercises that are paired and alternated, so you'll do one set for the first exercise in the pair, rest, then a set for the second exercise, rest again, and repeat until all sets for that pair are complete.

### BARBELL HIP THRUST

Sit on the floor and roll a loaded barbell into your lap. Lie back against a bench so your upper back is supported and plant your heels close to you on the floor. Brace your abs and drive your heels into the floor to raise your hips up in the air and hold the position. Lower your butt back to the floor to begin your reps.



**TRICEPS  
PUSHDOWN**

Attach a rope handle to the top pulley of a cable station and grasp an end in each hand. Keep your upper arms at your sides and extend the elbows. Hold the extended position to begin the set.

4

**ARM AND CALF  
SPECIALISATION**

If you want to target your arms and/or calves for extra growth over our six-week plan, place this circuit at the end of any two of the workouts. For example, you could tack it onto the end of Monday's and Thursday's sessions. Perform one set of each exercise in sequence and repeat for three total rounds. Rest 60 seconds between exercises.

Note that these exercises are done the same way as all the others, alternating isometrics with full reps.

**CHEST-SUPPORTED  
INCLINE CURL**

Set a bench to a 70-degree angle and lie against it chest down with a dumbbell in each hand, palms facing each other. Curl the weights up and twist your wrists as they rise so your palms face up at the top. Hold the top (curled) position.

**TRICEPS PUSHDOWN**

Perform pushdowns with a rope handle attachment. Hold the extended position.

**SINGLE-LEG  
STANDING CALF RAISE**

Stand on one foot on a block or step and perform calf raises. Hold the top position where your heel is high in the air. Perform all your reps on one leg and then repeat on the other side immediately. **MBF**

**CHAD  
WATERBURY**

is the author of  
*HFT2*, available at  
[hftmuscle.com](http://hftmuscle.com)







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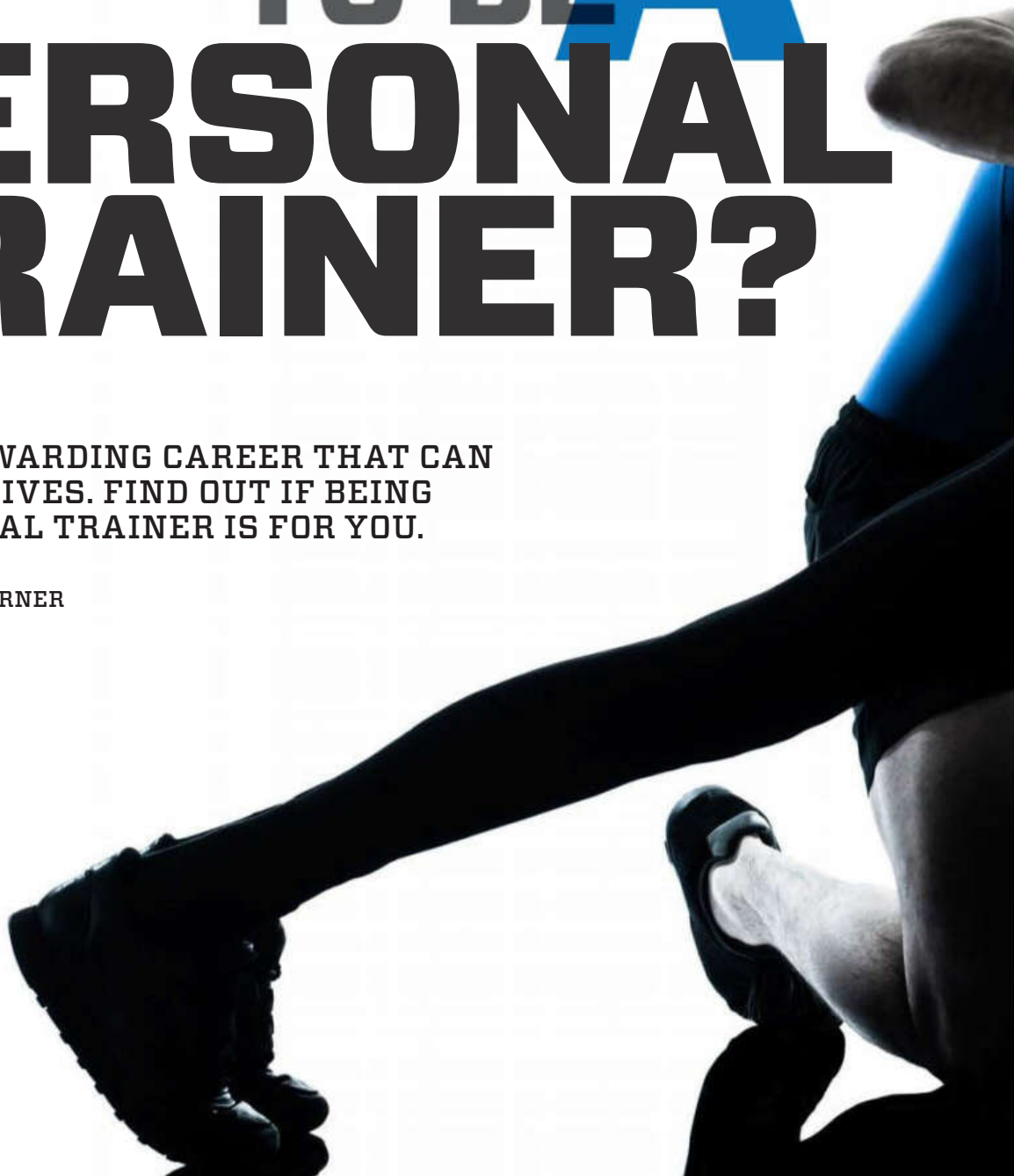
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# SO YOU WANT TO BE A PERSONAL TRAINER?

IT'S A REWARDING CAREER THAT CAN  
CHANGE LIVES. FIND OUT IF BEING  
A PERSONAL TRAINER IS FOR YOU.

BY ALISON TURNER





**I like being a personal trainer because of the satisfaction I get out of helping people change their lives through improving their health. I also like the flexibility that the job provides so I can maintain a healthy lifestyle for myself.**

Michael Ferraro, 30



It's not hard to see the appeal of a career as a personal trainer. You get to live what you love – health and exercise – and change people's lives for the better. Throw in flexible working hours and the opportunity to be your own boss, and you've got a certifiable dream job on your hands. So how do you get started?

## GETTING QUALIFIED

Before you can get out there and start transforming lives, you need to get qualified.

"For a long time the industry standard has been the Certificate IV in Fitness," says Brad McGregor, an accredited exercise physiologist and managing director of the International Fitness Institute ([ifilearn.com.au](http://ifilearn.com.au)). "This is a qualification where the vocational outcome is a personal trainer. However in recent times some training providers have started using other qualifications to provide an alternate pathway into the industry."

One such provider is Sage Institute of Education ([sagefitness.edu.au](http://sagefitness.edu.au)), who offer an industry-first Diploma in Fitness Coaching (see below).

"It [the base qualification] used to be a Certificate III, but client

expectations have gone up," explains Andre Sammut, Training Manager at Sage. "It's not just about weight loss now. People have more specific goals – which means the skillset of a PT has to grow. People have performance-based goals like completing a marathon, or they require rehab from an injury."

Sage's Diploma of Fitness Coaching takes 12 months to complete. Students learn everything from fitness programming, training equipment and nutrition to biomechanics and advanced fitness testing and programming. "The aim is to upskill PTs so they can empower people to make lasting lifestyle changes," Sammut says. "You're a fitness expert but also a kind of life coach."

## THE PT APPEAL

The life of a PT can be an enviable one, which is why so many people are flocking to join the ranks.

"It's a positive and energetic environment," Sammut says. "People come to you for help. It's rewarding to help people achieve goals."

Many people are drawn to the job after experiencing a personal metamorphosis of their own.

"I hate to use the word 'journey,' but many trainers enter the industry after their own transformation and are so motivated that they want to help others achieve the same," McGregor says.

The world of personal training can also open up other doors.

"There's the opportunity to work for yourself, manage your hours, take your qualification and work overseas or even use it as a pathway to related university courses," says Stewart Cooke, manager at the College of Health and Fitness ([thecollegeofhealthandfitness.qld.edu.au](http://thecollegeofhealthandfitness.qld.edu.au)).

"I think plenty of people see it as a much better option than sitting in an office, day in day out."

**I love being able to coach someone to see a great change, whether it be a change in habits, goals, motivation or overall health. I love to enable people to transform and make a difference in their own lives and the lives of the people around them.**

Adriana Smith, 20

## A SAGE DECISION

Sage Institute of Education's new Fitness Coaching Diploma will equip graduates with the skills and knowledge required to design, facilitate and adapt long-term exercise programs and nutritional plans for a variety of clients. No prior fitness qualifications are needed to undertake the 12 month long course. Intakes are accepted all year round across Sage's Brisbane, Sydney and Melbourne campuses. You'll learn:

- Advanced fitness assessments
- Advanced fitness programming (including performance & recovery)
- Nutritional coaching
- Specialised fitness coaching
- Training with specialised tools (suspension, viper, battling ropes, power bags & kettlebells)
- Applied research
- eMarketing and sales

For full course details and more info, head to [sagefitness.edu.au](http://sagefitness.edu.au)





# Turn your exercise passion into a fitness career...



Thirteen years ago I founded the College of Health and Fitness to train high quality fitness professionals. Since then thousands of people have graduated and gone on to their dream job. With over 25 years experience in the industry I still get a buzz from passing on my knowledge to College students. Whether it's your first job or you're looking to start a new career, come and see us at The College of Health and Fitness and let us show you the Fitness industry!

*Tony Attridge*

The College of Health and Fitness has been providing quality training for Fitness professionals since 2002. We pride ourselves on our focus on personalised service and attention to detail, ensuring a rewarding and satisfying learning experience. Over the years many of our students have won awards and achieved great things!

Whether you are looking to work in the industry or just gain some knowledge to help with your fitness or training, our courses will provide the information you need. College staff have worked with clients starting out on their fitness journey and elite athletes including gold medal winners. Train with us and benefit from this knowledge.



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SIS40210 CERTIFICATE IV IN FITNESS

SIS 50213 DIPLOMA OF FITNESS

BSB30112 CERTIFICATE III IN BUSINESS

BSB40212 CERTIFICATE IV IN BUSINESS

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## The best thing about being a PT is that I get to use what I'm passionate about to change people's lives.

Alex Campbell, 24

So it's no wonder the personal training industry is a popular and growing field. But it's also an increasingly crowded one, which means that if you want to make your mark, you need to have something more to bring to the table.

"Yes, it is a crowded field, in that there are a lot of people going through the Cert IV, but we need more PTs with higher level skills," Sammut says. "The obesity crisis is still growing. We need more fitness pros to address this. I also think PTs need to work more closely with allied health professionals, such as physios and dietitians. By working together you can help the client more."

McGregor agrees. "We are one of the most obese nations on earth and this trend is becoming more prevalent across the lifespan," he says. "As a result I think we will see the fitness industry become more closely aligned with the health sector moving forward."

Cooke points out that, while many people are becoming qualified, there is also quite a high turnover.

"People realise it [being a PT] isn't as 'easy' as they thought it would be," he says. "Or they weren't prepared for the time it takes to establish themselves. Because of that turnover there is an ongoing need for good trainers."

### BUILDING YOUR BASE

You can't be a successful PT without a strong client base, so when you're first starting out, building your business is priority number one.

"It is a challenge at

first," Sammut admits. "You really need to treat every person you meet as a potential client. You need to create a rapport and build relationships. It doesn't matter how much you know about fitness, if you can't build a relationship with others it's not going to work."

Some PTs start out as a contractor in a gym chain, like Fitness First.

"If you start work in a gym as a contractor you'll generally get access to the gym client database and the opportunity to 'convert' those people into your personal training clients," Cooke says. "This is great if it works and you remain in the gym, but you still have to get people to move from doing their own thing to using your services."

Clients can also be found through allied health professionals. So creating relationships with people

like GPs and physios is a good idea.

"Referrals are a big thing for fitness professionals," Sammut says. "As is word of mouth."

McGregor points out that this is where small business skills are extremely important.

"Successful trainers have a marketing plan with multiple strategies to generate leads," he says. "This might include a mix of social media, paid advertising, speaking for free at community events, etc. But all of these lead generation strategies are worthless if you don't have the skills to deliver an effective initial consultation. In other words, converting leads to paying customers!"

McGregor recommends you find several trainers who are good at this and simply watch how they do it: "Don't just copy what they do," he says. "Take the essence of what makes their approach to conversion work and apply it to you and your strengths."

### CHALLENGE ACCEPTED

The job of a personal trainer requires working long and often very irregular hours. It can be a major challenge, which means time management is essential.

"A lot of trainers take on too many clients, and end up burning the candle at both ends," Sammut says. "Fitness professionals need to look outside the traditional working model – for instance, decide to train only in the mornings, or only afternoon/evenings. Not both."

However, as McGregor points out, odd hours are par for the PT course.

"The fitness industry needs to serve individuals outside of normal working hours, so it is fair to expect a lot of split shifts with early mornings and





# ELITE PERSONAL TRAINER MENTORSHIP



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Fitness Institute**  
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## **Earn while you learn**

- Gain insurance and start earning income as a Personal Trainer before completing the Certificate IV in Fitness.

## **Be mentored 1-on-1 by successful fitness business owners**

- Learn how to train clients safely & effectively
- Gain valuable business skills to succeed as a sole trader.

## **Graduate with multiple qualifications**

- Blend the science of strength & conditioning with the industry knowledge of a Certificate IV in Fitness.

## **Access all the templates you need to start your own fitness business**

- You will be provided with templates for everything including the initial consultation, physical capacity assessment, postural appraisal, exercise programs & more.

late evenings,” says. “However, this does allow for some ‘down’-time’ in the middle of the day – which is great for all of those tasks that are necessary to make a small business successful.”

Another challenge PTs face is always needing to be upbeat with your clients, even if you’re feeling like crap. But not every client is looking for a super excited Energiser bunny, or a yelling Commando to get them motivated.

“Some trainers are more pumped and ‘up’ than others,” Sammut says. But you don’t need to be cheesy. Just a simple ‘well done’ can be enough. Not everyone is motivated the same way. But that being said, maybe you’re not feeling so well one day – you need to put it behind you and get on with the job.”

Because of all of this, looking after yourself is essential if you want to be successful and avoid burn out, illness or injury.

**Personal training allows me to have all the great benefits of lifestyle, work-life balance and very active days but more than anything it allows me to change lives and help people become the best version of themselves.**

Nick Davidson

**I love the feeling of coaching someone to their health and fitness goals and seeing their positive transformation take place. Knowing I’ve been able to contribute to a better life for them is extremely rewarding.**

Neil Gillett, 32

“Invest in your personal health and fitness and ensure you have balance in your life,” McGregor says. “Many PTs actually train away from their gym or studio, which I think is a great idea – it provides a mental break from the workplace.”

Of course, everyone gets sick once in a while, so it’s good to have a back-up plan in place.

“If you are genuinely sick, find someone else to stand in for you, or reschedule the session,” Cooke says. “It’s good to develop your own network so you can work with others if, for some reason, one of you is out of action.

“You need to be professional and

practise what you preach. Don’t have a big pub session into the night if you have a client at 5am!”

## AIM TO SUCCEED


Life as a successful personal trainer means so much more than just knowing how to correct someone’s deadlift while looking good in shorts. You need to be a Jack of all trades – a marketer, an accountant, a public relations specialist, a social media strategist and more besides.

Along with all of this, McGregor says, is knowing your target market and aiming specifically for it.

“A well-researched and clearly defined target market will see you deliver services and develop products that are specific to your audience,” he says.

McGregor often tells his students to develop an “avatar” of their ideal client – where they live, what they do for work, how much expendable income they have, what their family situation is, what their health and fitness goals are, how much experience they have with fitness services. All of this information can then be used to tailor a PT’s products, services and marketing strategies.

“Many trainers enter the fitness industry believing that technical knowledge alone will get them there,” McGregor says. “Successful trainers have a broad set of knowledge and skills that also include small business management, marketing and promotion, lead generation and sales conversion.

“Assuming that people will pay you because you’re fit and know how to train is not the reality that some would believe.” 





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# THE *M&F* FOOTY'S ON PARTY

The typical footy game meal of burgers and snags will blow up your waistline and turn back the clock on your gains. These recipes aren't just better for your health and physique – they taste better, too.

## CHEF'S TIP

Remove burgers from the fridge 30 minutes before cooking to let them return to room temperature to ensure more even cooking.



BY CHEF GAVAN MURPHY  
PHOTOGRAPHS BY JODY HORTON





## 1 TURKEY TARRAGON SLIDERS

**SERVES 4**

- 1 tbsp olive oil
- $\frac{3}{4}$  cup finely diced red onion
- 1 large garlic clove, minced
- 500g turkey mince
- 2 tbsp chopped fresh tarragon
- Zest of  $\frac{1}{2}$  lemon
- 2 tsp wholegrain mustard
- $\frac{1}{2}$  tsp salt
- $\frac{1}{4}$  tsp pepper
- 4 mini burger buns

### FOR GARNISH:

- Swiss cheese
- Rocket
- Grilled tomato slices

- 1) Preheat a frypan over medium heat. Add olive oil and sauté onion for 1 minute. Add garlic and cook for another minute. Remove from heat and let cool.
- 2) In a large bowl, add cooled onions to turkey mince along with tarragon, lemon zest, mustard, salt and pepper. With clean hands, mix well. Form evenly into 4 patties.
- 3) Preheat a grill to high heat. Cook each burger for 3 to 4 minutes on each side, or until cooked through and internal temperature reaches 70°C.
- 4) Place burgers on buns. If desired, garnish with Swiss cheese, rocket and grilled tomato.

### MACROS PER SERVING

363	26g	24g	18g
CALORIES	PROTEIN	CARBS	FAT

## 2 BEER MARGARITA

**SERVES 4**

- 2 stubbies lager, chilled
- $\frac{1}{2}$  cup defrosted frozen lime soft drink
- $\frac{1}{2}$  cup tequila
- 1 cup ice
- Salt (optional)
- 1 burnt lime (optional)

- 1) Put the beer, soft drink, tequila and ice in a pitcher and mix.
- 2) If desired, salt the rim of a serving glass: Moisten rim with water; dip into plate of salt.
- 3) Pour margarita into glass. If desired, garnish with wedge of burnt lime: cut 1 lime in half; sauté on high heat in pan for 2 to 3 minutes to brown. Cool; cut into wedges.

### MACROS PER SERVING

214	0g	27g	0g
CALORIES	PROTEIN	CARBS	FAT







## BUFFALO SURF 'N' TURF

**SERVES 8**

¾ cup hot sauce  
1 tbsp smoked paprika  
3 cloves garlic, minced  
Zest of 2 lemons  
4 tbsp apple cider vinegar  
4 tbsp grapeseed oil  
¼ tsp salt  
500g large prawns, peeled and deveined  
1kg chicken wings

### FOR DIPPING SAUCE:

600g low-fat Greek yoghurt  
¼ cup blue cheese  
Zest of 1 lemon  
Juice of ½ lemon  
1 tbsp chopped chives  
Salt and pepper, to taste

**1)** Make buffalo sauce: in a large bowl, mix together hot sauce, paprika, garlic, lemon zest, vinegar, oil and salt. Taste and add more hot sauce if desired. (But be careful: the heat will increase once the buffalo sauce

has been sitting for a while.)

**2)** Divide buffalo sauce into 2 ziplock bags. Put prawns in one bag and chicken wings in the other; seal bags and shake to coat.

**3)** Preheat oven to 200°C.

**4)** Lay wings on a foil-covered tray in a single layer. Roast for 40 minutes until browned and cooked through.

**5)** Make dipping sauce: blend all ingredients except chives in a blender for 30 seconds, then fold in chives. Refrigerate.

**6)** When wings are almost ready, sauté or grill prawns for 2 minutes on each side until firm to touch. Serve prawns and wings with dipping sauce, as well as celery and carrot sticks if desired.

**NOTE:** if marinating chicken ahead of time, make sure to remove from the fridge 30 minutes before cooking to return to room temperature. This will ensure even cooking.

### MACROS PER SERVING

<b>616</b> CALORIES	<b>44g</b> PROTEIN	<b>30g</b> CARBS	<b>34g</b> FAT
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## CHICKEN SAUSAGE & CAPSICUM

**SERVES 4**

4 chicken sausage links  
1 tbsp olive oil  
1 cup sliced red capsicum  
1 cup sliced yellow capsicum  
1 cup sliced red onion  
Salt and pepper, to taste  
1 clove garlic, minced  
2 tbsp chopped chives  
2 tbsp balsamic vinegar

**1)** Preheat a grill pan over high heat. Sear sausages on all sides. Remove and slice diagonally into 1½cm slices.

**2)** In a large frypan, add the oil, capsicum and onion and sauté on medium heat. Add salt and pepper. Cover to steam.

**3)** Stir every minute until vegies soften, about 5 minutes.

**4)** Once vegetables are soft, remove the lid, add garlic and cook uncovered until the capsicum and onions caramelise (brown), about 5 minutes, stirring occasionally.

**5)** Add the sliced sausage and sauté for 3 minutes.

**6)** Remove from heat and add chives and balsamic vinegar.

**7)** Serve on a plate, or, if you don't mind the extra carbs, on a toasted wholemeal bun.

**NOTE:** caramelising the capsicum and onions brings out the natural sugar, which sweetens the dish.

### MACROS PER SERVING

<b>194</b> CALORIES	<b>17g</b> PROTEIN
<b>14g</b> CARBS	<b>7g</b> FAT







FOOTY'S ON

5

**CHEF'S  
TIP**

If you cook the pita chips until they're completely crispy, they will end up being too dry when cooled.



## DIP DUO & CHIPS

**SERVES 8**

### TEXAS CAVIAR

- 2 (15 oz) cans black-eyed peas, drained
- 2 cups corn (fresh or frozen)
- 1 cup finely diced red onion
- 1 red bell pepper, finely diced
- 1 jalapeño, seeded and minced
- ¼ cup minced fresh cilantro
- 3 green onions, thinly sliced
- 4 tsp olive oil
- 2 tbsp red-wine vinegar
- Juice of 1 lime
- Salt and pepper, to taste

- 1) In a large bowl, mix all ingredients.
- 2) Cover and refrigerate for at least 1 hour, up to 24 hours.

### SUN-DRIED TOMATO ARTICHOKE HUMMUS

- 1 (15 oz) can chickpeas, drained
- ½ cup sun-dried tomatoes
- ½ cup marinated baby artichokes
- ½ cup fresh basil
- 1 tsp salt
- ¼ tsp white pepper
- 2 tbsp sun-dried tomato oil
- 2 tbsp artichoke oil
- 1 tbsp cold water (or more for desired consistency)

- 1) Blend all ingredients except the oils and water in a blender.
- 2) Puree, adding oils gradually; add water gradually and puree until smooth.

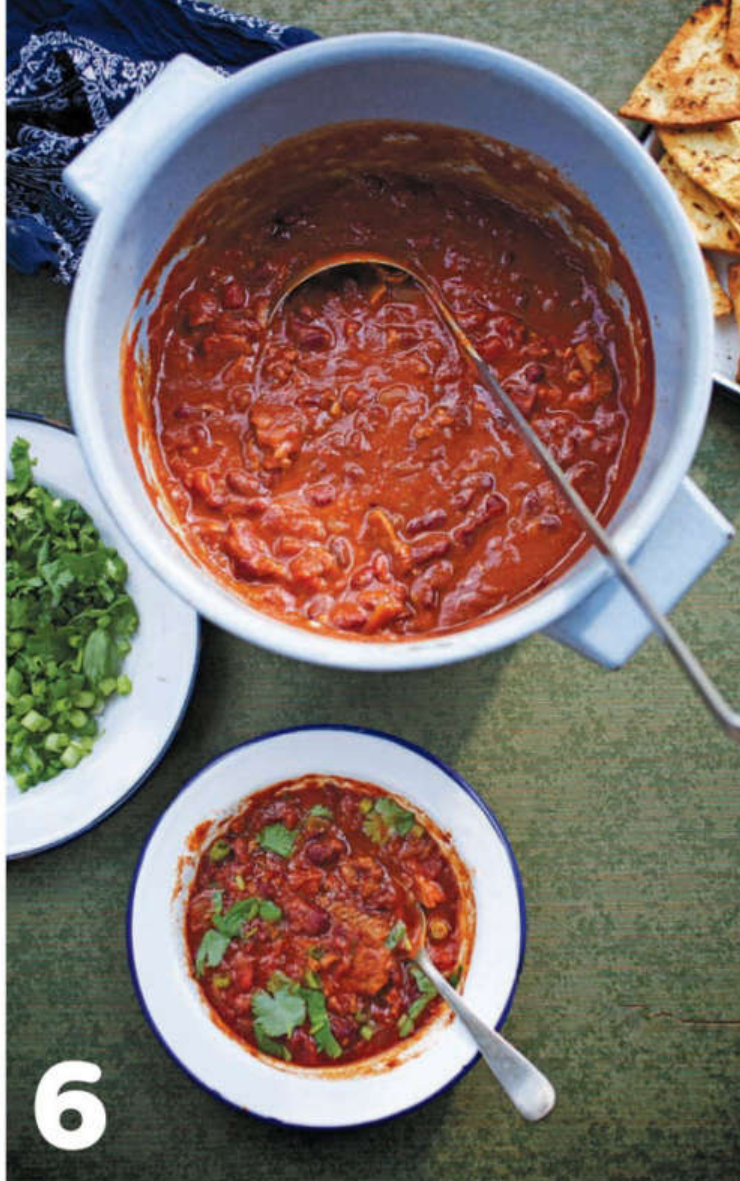
### BAKED PITA CHIPS

- 4 pita rounds, each cut into 8 pieces
- 1 tbsp olive oil
- 2 tsp ground cumin
- Salt and pepper, to taste

- 1) Preheat oven to 400°F.
- 2) In a bowl, toss pita with oil, cumin, salt, and pepper.
- 3) Place pita on a baking sheet in a single layer. Bake, turning once, until crisp, about 10 minutes. Watch closely to avoid burning.

#### MACROS PER SERVING

**401** CALORIES | **13g** PROTEIN | **52g** CARBS | **18g** FAT



## CHILI CON CARNE

**SERVES 6**

- 2 lbs flank steak
- Salt, pepper, onion powder, and garlic powder, to taste
- 1 tbsp grape-seed oil
- 1 tbsp olive oil
- 1 cup medium-diced white onion
- 2 cloves garlic, minced
- 2 tsp ground cumin
- 2 tsp ground coriander
- 2 tsp paprika
- 4 cups canned diced tomatoes
- 1 tbsp tomato paste
- 2 (15 oz) cans red kidney beans, drained
- 4 cups low-sodium beef broth

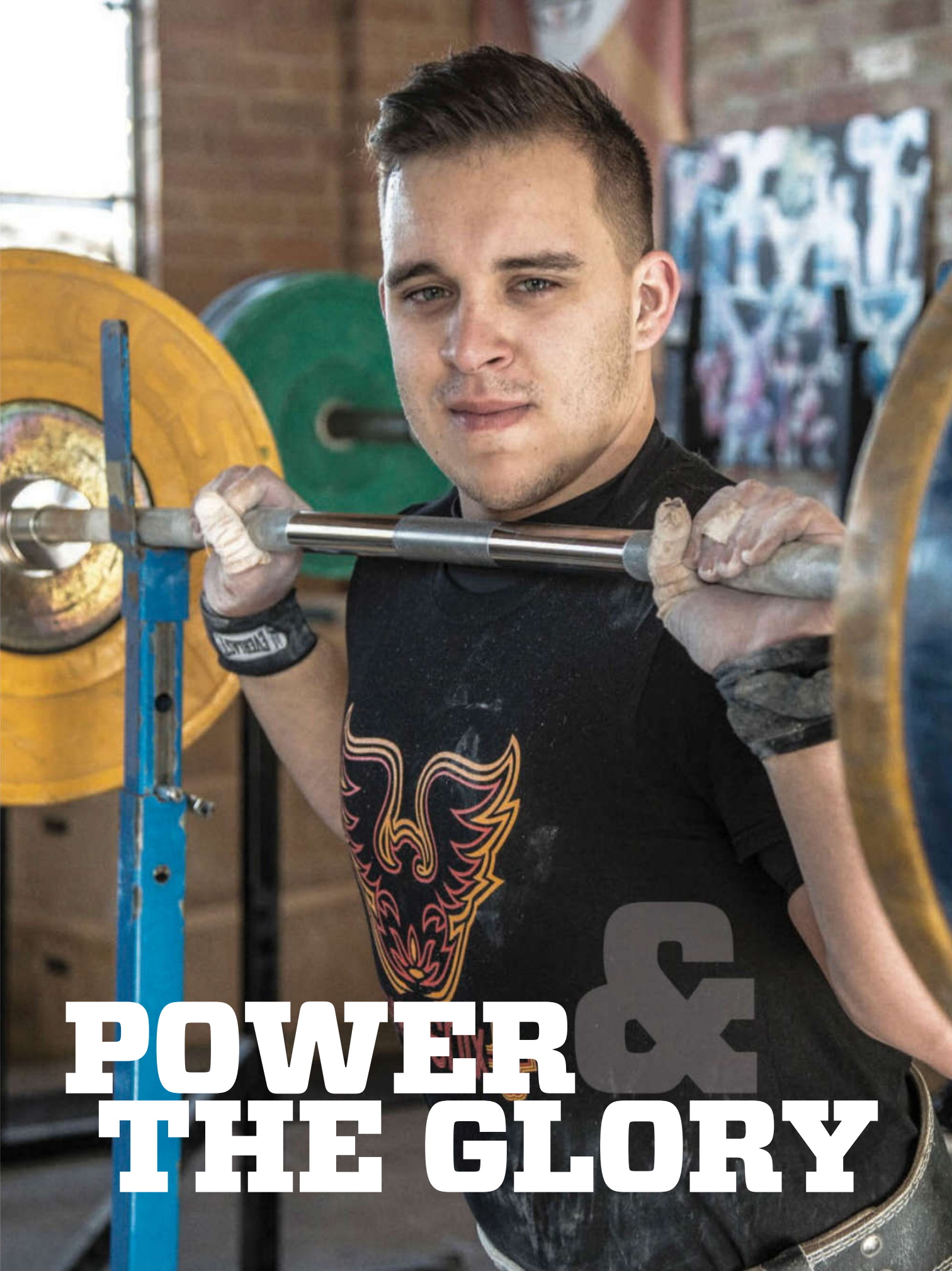
- 1) Season steak on both sides with salt, pepper, onion powder, and garlic powder.
- 2) Preheat a sauté pan over medium-high heat. Add grape-seed oil and

sear steak for 3 to 4 minutes on each side until golden brown. Remove from heat; let rest for 2 minutes. Slice into ¼-inch slices; set aside.

- 3) Preheat a large soup pot over medium heat. Add olive oil and onion and sauté for 2 minutes. Add garlic, cumin, coriander, and paprika, stir to combine, and cook for 1 minute.
- 4) Add tomatoes, paste, beans, and broth. Bring to a boil, reduce heat to simmer, and add steak, plus any accumulated juices. Cook for 1 hour, or until beef is tender.
- 5) Serve in bowls and, if desired, garnish with chopped fresh cilantro and green onion. **M&F**

#### MACROS PER SERVING

<b>556</b> CALORIES	<b>54g</b> PROTEIN
<b>31g</b> CARBS	<b>24g</b> FAT



**POWER &  
THE GLORY**





## Aussie weightlifting champ Liam Larkins eyes Olympic greatness.

**C**ompetitive weightlifting is not a sport for the fragile. The immense pressure, both mental and muscular, of each exacting lift – the result of an accumulation of untold hours pressing bar-bending poundages – and the

highly technical nature of hoisting seemingly impossible weights in ways that seem to defy the laws of gravity are successfully navigated only by those with the unassailable patience and persistence required to devote endless hours to mastering two maximal movements.

The elite weightlifter's life is one of a continual striving to attain excellence in the two Olympic lifts: the dynamic and explosive “snatch” and “clean and jerk” – ultra-difficult disciplines designed to gauge both technical proficiency and pure brute strength. Leading the way for a new generation of aspiring Aussie lifters is former Australian Junior number one and current Olympic Games hopeful Liam Larkins. With a long list of impressive competition credentials signposting his steady rise to weightlifting's upper echelons, Larkins, 21, is arguably the most promising international lifting prospect on today's local circuit. Coming off an impressive showing at the Victorian Weightlifting Association (VWA) Open, in which he bested his 85-kilogram-class with a 295kg total (130kg snatch and 165kg clean and jerk) and his first attempt among the Arnold International elite in March positioned Larkins as one to beat going into this year's Pacific Games (held in Papua New Guinea, July 5-8). Gunning for gold, Larkins produced a massive effort to snatch bronze in the toughest competition of his short career.

A 12-year-old Larkins sought a fresh sporting start after a short period as an aspiring footy player – one routinely relegated to overweight bench-warmer, whose enthusiasm could not compensate for an inability to run fast with ball in hand. Fortunately for the chubby pre-teen, and for Australian weightlifting, the self-confessed “slow-starter” had a supportive dad with a background in Olympic lifting.

BY DAVID ROBSON

“Growing up I would always see my dad’s weightlifting trophies from back in the day and, with dad being my idol, I wanted to be like him,” says Larkins, who is also a first-dan black belt in tae kwon do. “It was when watching the lifting at the Commonwealth Games at age 12 that I decided I wanted to give weightlifting a go, so dad sought the best coach for me, Robert Kabbas from the Phoenix Weightlifting Club, and I haven’t looked back.”

After a professionally supervised, albeit rapid fire, introduction to the fundamentals of Olympic lifting, Larkins contested his first event, held at the Victoria Weightlifting Centre on Australia Day, 2007. His placement of dead last did not deter him. Making six out of six lifts and achieving PBs across the board did, however, instill within him the confidence to continue.

“It was my very first comp and it was more about having fun and getting some confidence,” he says. “Weightlifting can be confronting at first. You’re on stage with all eyes on you and you’re wearing a tight suit, not leaving much to the imagination!”

**The way I lift is best explained in a quote: ‘even if strength fails, boldness at least will deserve praise – in great endeavours even to have had the will is enough’**

Since his first enlightening foray into the world of snatches and presses, Larkins has continued to let it all hang out on stages both domestically and internationally, aided in no small part by his “dedication, unrelenting willingness to never give up and ability to perform well under pressure”.

### YOU GOTTA LIFT

Becoming an elite-level weightlifter is as much a result of being professional off the platform and addressing assisting variables as it is nailing the big lifts in training and in competition. Not gifted with the greatest natural athleticism, Larkins is committed to doing everything in his power to hit

the big numbers come game day.

“I pride myself on being very professional when it comes to work done off the platform, as the training is easier than doing the work behind closed doors,” he says. “I’m a huge believer in addressing the ‘one percenters’. This includes recovery, pre-hab, diet and cross training. Performing under pressure is also a big deal to me. I pride myself on being a big comp lifter, getting the lifts when it counts, with the pressure firmly weighted upon my shoulders.”

One example of Larkin’s tenacity to rise to any lifting challenge came at a pivotal point in his career. It was 2013 and Larkins, ending his run as a junior lifter, was poised to challenge for a world title in Peru. However, to qualify he needed to make a total of 251kgs, a target he failed to achieve three months out from this event. But he had one more shot: the Australian Club Championships, to be held in March, two months before the Junior World Champs. To make the cut he would need to successfully hoist a 115kg snatch and a 136kg clean and jerk.

The competition did not start well. A successful snatch of 110kg followed by two failed attempts at 115kg meant Larkins would need a 141kg clean and jerk to secure his place in the Australian squad, a lift Larkins had yet to achieve in training, much less in the throes of competition. Following a successful 130kg attempt, the bar was loaded to the unprecedented 141kg. “I had to wait a long time in between the 130kg and 141kg,” says Larkins. “So I was left with lots of time to think.



In competition mode: getting the big lifts when it counts.

MATTHEW TOWNSEND/PHOTO



I went out there and had a crack and, to my surprise, ended up getting the lift and made the world junior team.”

## WHERE THERE'S A WILL

At 173cms and with muscles the thickness of anacondas, Larkins is biomechanically and structurally suited to lifting huge weights overhead. Being shorter means he doesn't have to lift the bar as high, while his stockiness supports the pressing and holding of bone crunching weights as the metal conspires to collapse upon him.

Efficiency of movement is everything; the margin for error paper thin. With both lifts similar in their movement patterns, perfect execution requires the same precise technique coupled with immense strength, great flexibility and explosive power. To fully recruit the prime mover muscles (in particular quads) the bar must be perfectly positioned at all times – close to the body and razor straight.

“Strength is the building block of the sport,” Larkins says. “Building strength helps the body cope with the rigorous nature of weightlifting and allows you to gain power to efficiently move the bar above your head. I do a lot of bodybuilding for my upper body; three sessions a week for an hour, mostly focusing on the back and shoulders. This is vital to be able to cope with the strains of heavy lifting and helps protect me from injury.”

To become a veritable lifting machine, Larkins incorporates both power and Olympic phases: during the all-year-round Olympic training a major focus is on technical refinement and efficiency of movement while reps are kept within the 1-3 range and maximal weights are used; for the 6-12 week power sessions, speed is the order of the day and five reps per set – “cardio for weightlifters” – are employed to maintain strength.

Years of gym work has enabled



Larkins in training: a hard-core program has seen him build strength and fine-tune technique.

Larkins to become efficient and consistent on the lifting platform. With the 2018 Gold Coast Commonwealth Games and 2020 Tokyo Olympic Games on his competitive radar, he's now committed to building further strength and power courtesy of training protocols prescribed by his current coach, 1994 Commonwealth Games gold medalist Harvey Goodman.

“Due to my technique I'm able to get the most out of my strength and I'm less injury prone,” he says. “It's like building a skyscraper – if you build a very strong foundation and structure then you can begin adding the walls and roof to get the best possible product that will last the journey.”

A serious lifter committed to excellence, Larkins believes his success lies in the enjoyment he derives from his chosen pursuit. “The best approach to have for any sport in my view is to go out there and have fun. This is the reason you started and will remain the best way to get the most out of yourself.”

Larkins also encourages budding lifters to not simply aspire to being successful but to do whatever it takes to get there: “you must give it a crack regardless of the outcome,” he says. “The way I lift is best explained in a quote: ‘even if strength fails, boldness at least will deserve praise – in great endeavours even to have had the will is enough.’” **M&F**





# Into the blue





LOOKING FOR A NEW CHALLENGE  
THIS SUMMER? WAVE HELLO  
TO OCEAN SWIMMING.

**By Alison Turner**

**T**he ocean. A powerful force of rip tides, fearsome marine life and titanic swells. And, much like Everest, many men have aimed to conquer it. Sailors, big wave riders, former prime ministers... many have tried – and failed – to master the briny deep.

And yet, every year, hundreds of blokes in budgie smugglers converge upon our beaches to take part in a classic summer rite of passage – the ocean swim. And every year it's only getting more popular. There are now more than 700 oceans swims registered on oceanswims.com in Australia alone, up from around 200 fewer than 10 years ago.

## OH SAY CAN YOU SEA?

Ocean swims can be as short as a few hundred metres or as long as 10 kilometres or more. Your average swim, however, is around the one to one and half kay mark. So, is ocean swimming something anyone can do, or do you have to be a super fit triathlete?

"You don't have to be an amazing swimmer to take on the challenge," says Christian Miranda, 30, a champion ocean swimmer, personal trainer and owner of ONE Personal Training Solutions in Padstow, NSW. "Just completing an ocean swim, many of which are over 1km, is a massive achievement and one that provides plenty of satisfaction."

The difference between ocean swimming and pounding out laps in a pool is one simple but important one – the ocean itself. For one thing, it's a lot colder. And the current, waves and surface chop are all working against you. Plus, there's no handy black line telling you which direction to swim in.

"Unlike being in a pool and relying on the black line to keep you on track, it can be difficult to keep on course in the ocean," Miranda says. "Keep your head down, maintaining a consistent breathing pattern and stroke rate, only lifting every 20 strokes to check for the next buoy that you need to swim around. If you're lifting your head every 3-4 strokes you're only going to waste energy. The key is being efficient. On the way back in to the beach,

pick a landmark on a shore that you're going to swim towards and keep on track that way."

During your first ocean swim, you're also probably going to feel, well, a little out of your depth.

"Swimming doesn't come as naturally to us like running does," Miranda says. "Swimming out 300 metres offshore, with hundreds of other swimmers during a long ocean swim creates a certain amount of vulnerability. Overcoming this, and working through the different aspects of the swim – blown out shoulders, increased heart rate from the adrenalin at the start of the race as you run in to the water and jelly legs as you leave the water – are very challenging!"

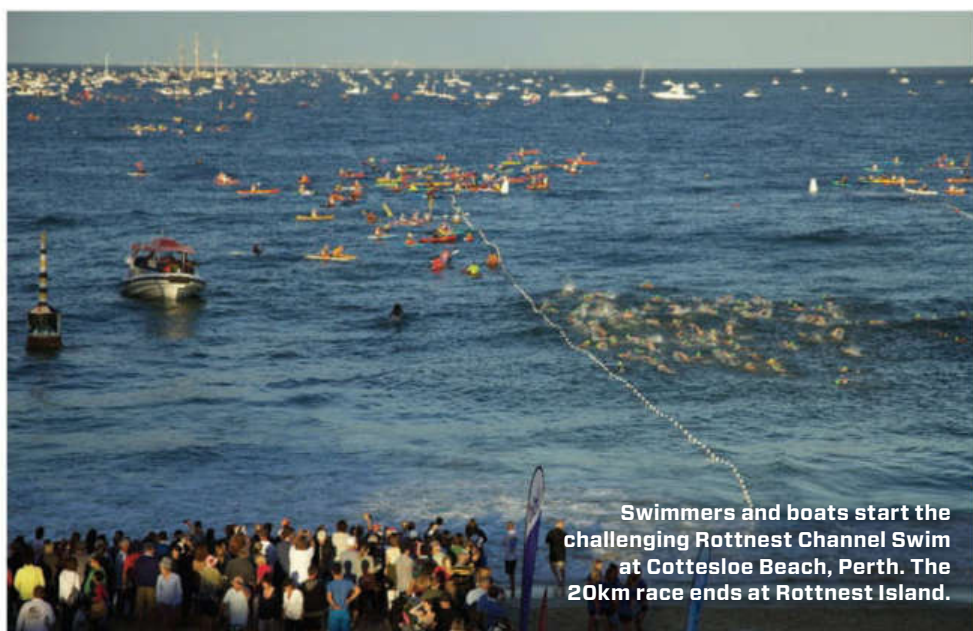
## WHATEVER FLOATS YOUR BOAT

Although you don't need to be Ian Thorpe to take on an ocean swim, you do need to prepare.

"I'd definitely recommend some stroke correction lessons to ensure you are maximising what level of fitness you have to offer," Miranda says. "Getting in the pool and doing a few laps in the weeks leading up to an event is the best approach – depending on the distance you're taking on, training the body to swim continuously for a certain period of time will help you adjust to the feelings you're likely to experience. I like to keep up a high level of general fitness, but nothing compares to being conditioned specifically for swimming – I try to get a few kilometres done in the weeks leading up to any time I'm doing an ocean swim!"

## THE BIG QUESTION

It's the elephant in the room. Or more accurately, the fish. The very big fish with huge jaws and a tail. Yep, we're talking sharks. While it's true that pretty much everything is more likely to kill you than a shark



Swimmers and boats start the challenging Rottnest Channel Swim at Cottesloe Beach, Perth. The 20km race ends at Rottnest Island.



– lightning, hippos, texting while driving, taking a selfie in front of an oncoming train – it's also a big phobia for most, Miranda included.

"They're actually a huge fear of mine," he admits. "Years ago, during an ocean swim I did, myself and two other athletes were in the lead pack out in front. It wasn't until the race was over that we were told the other athletes had been removed from the water due to a hammerhead shark swimming under them – the race was then abandoned."

Okay, so maybe not the most comforting words, but in all truth, the likelihood of you running into Jaws while you're competing in an ocean swim is a very small one. Shark nets have been introduced offshore and, according to Oceanfit ([oceanfit.com.au](http://oceanfit.com.au)), in the last 50 years, there have been only 52 fatalities due to shark bites. That's an average of 1.04 per year. Pretty good odds for survival.

## BEACHY KEEN

James Leather, 44, moved to Australia from the UK with his Aussie bride in late December 2011. He decided his new home was the perfect place to try ocean swimming, and signed up for his first event – the "Dawny to Cockatoo swim", 1.1km from the Dawn Fraser Pool in Sydney Harbour to Cockatoo Island and back – in November 2012.

"I trained at a local pool, and at first could barely swim two lengths concurrently," he says. "Then I had some stroke correction classes and built up stamina so I could do 25 lengths crawl [freestyle] without stopping. I guess most Australians do that before breakfast?"

On the day of the swim, Leather admits to being nervous, but says his training gave him the confidence that he could do it.

Was he scared of sharks? "Slightly," he says, "but you felt safety in numbers. Although my

heart skipped a beat when I hit my first jellyfish after 10 metres!

"And being in the water like that, it was a shock, which showed my training was inadequate. It was a lot colder than the pool I trained at, and also I couldn't see the bottom. Plus I got seasick, and psychologically you feel very small swimming in the sea compared to a pool."

Sharing the water with hundreds of other people was also new to Leather. "Dealing with the people around you is a big part of a successful swim," he says. "There is nothing more off-putting than a foot in the face, or an Australian swimming over the top of you, especially if you're a Pom. You just have to have your own plan and speed and stick to it, so you swim your own race."

Leather completed the event despite a cramp in his right leg. "I came last apart from the handicapped swimmers," he says. "But I felt very tired and satisfied."

He has since done another 1.5km swim at Sydney's Balmoral Beach.

## YOU CAN TOO

Paul Taylor, 33, is another recent convert to ocean swimming. A regular in running events, Taylor decided it was time to shake things up.

"I needed a new fitness challenge and wanted to face my fear of the ocean," he says. "To clarify, I liked the waves and the idea of body surfing, but being in water where I couldn't touch the bottom left me feeling panicked."

"I've run about eight half marathons and one full marathon with fitness and charity group Can Too ([cantoo.org.au](http://cantoo.org.au)), and plenty of Can Too runners had suggested an ocean swim, however, I'd always resisted it – I wasn't confident in the water. Plus, I was scared of diving under the waves. I figured the best way to conquer my fear and improve was to sign up for a 2km ocean swim."

## THE WORLD'S BEST OCEAN SWIMS

### Sun Moon Lake International Swimming Carnival

The world's largest mass participation (up to 22,000 swimmers) open water swimming event at a tranquil lake in Central Taiwan.

**Midmar Mile** The world's largest competitive open water swimming event, held in Midmar Dam in Kwazulu Natal in South Africa, about an hour from Durban.

**Vansbrosimningen** Europe's largest open water swim, a river swim under the six bridges of Vansbro in Sweden.

### Sea of Galilee Swim

The largest ocean swim in the Middle East, the 4km channel swim is challenging and very popular.

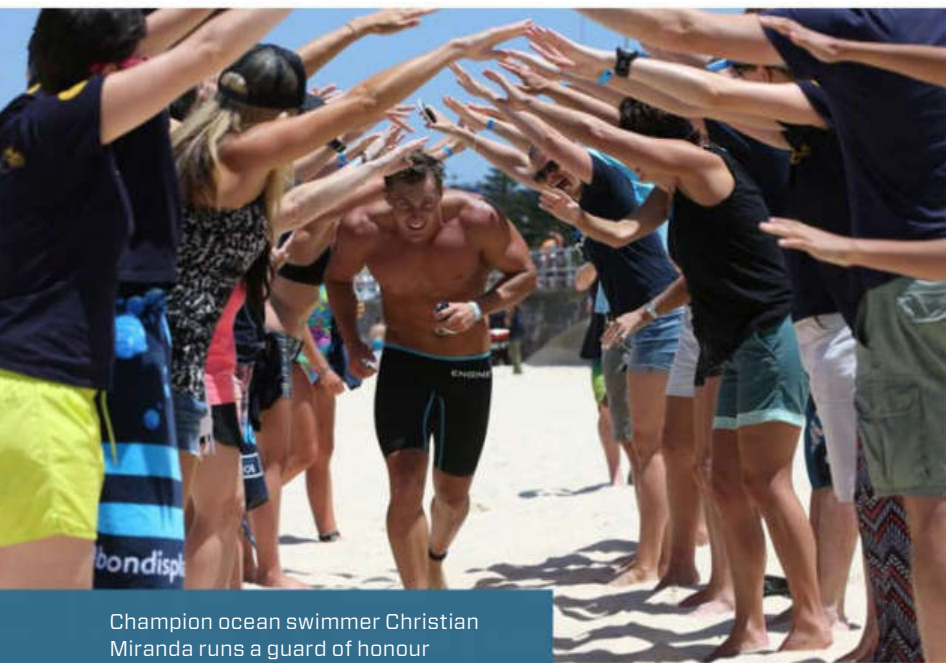
### Lorne Pier-to-Pub Swim

This 1.2km swim started out as a challenge between lifeguards in 1981. The race is now a very successful charity event.

### Rottneest Channel Swim

A 19.2km course from Cottesloe Beach to Rottneest Island, near Perth, in Western Australia. Expect strong currents and abundant marine life.





Champion ocean swimmer Christian Miranda runs a guard of honour at Sydney's iconic Bondi Beach.

Taylor's event was at North Bondi in March this year. To prepare, he undertook a 14-week training program.

"It dictated everything I had to do," he says. "Wednesday nights were in the pool with a professional coach, Saturday mornings were in the ocean with other coaches and people who had competed in other

ocean swim events, as well as about 30 other people in my group."

Taylor's training schedule also suggested running, Pilates and cross training. He also swam laps in the pool another morning per week and went to the gym once a week for cardio and core training.

"Because I was training over summer I'd go to the beach after

work whenever I could to practise diving under waves – that was the part I was most scared about."

On the day of the race, Taylor was lucky to be met with perfect conditions. With family and friends cheering him on at the beach, and his training buddies by his side, he finished elated, having raised nearly \$2500 for Can Too.

"I was utterly stoked," he says. "I'd swum 2km without stopping, and only three months prior I couldn't make it two laps without gasping at the end of the lane. What's also incredible is that I learned a new skill as an adult, and found a new passion."

## THE HIGH SEAS

While ocean swimming is a great way to increase fitness, it seems it's the psychological benefits that make this sport so addictive.

"The ocean swims I've participated in over the years would have to be some of the most enjoyable fitness events I've done," Miranda says. "The combination of the chaos of swimming among hundreds of other athletes and the calm of seeing the ocean floor through your goggles while you make your way around the course is an awesome feeling!"

Taylor is also hooked, and is planning to take on another ocean swim this season.

"I've missed being in the water, that feeling of pushing beyond the breakers and catching a wave into shore, from when it's swelling to feeling the sand scrape against your knees. One word for it: magic.

"Honestly, if I can conquer that fear of being under waves, and learn a new skill, I can do anything I put my mind to. I've learned patience and trust, both in myself and others." **M&F**

Find an ocean swimming event near you at [oceanswims.com.au](http://oceanswims.com.au)

## RECORD-BREAKING SWIMS

2015

**2015** Kiwi Kim Chambers swam 48km from the Farallon Islands to the Golden Gate Bridge in San Francisco – one of the world's most dangerous crossings.

2014

**2014** Melbourne marathon swimmer Chloe McCardel swims 128km across the Bahamas, enjoying multiple jellyfish stings along the way.

2014

**2014** Brit Lewis Pugh undertook the first long distance swim in all the seven seas (Mediterranean, Adriatic, Aegean, Black, Red, Arabian, North) to campaign for more Marine Protected Areas in the region.

2014

**2014** Aussie lifesaver Cyril Baldock (70) became the oldest person to swim the English Channel.

2011

**2011** Australian-British mum-of-three Penny Palfrey set the world record for the longest solo unassisted ocean swim – 112 shark-infested kilometres between Grand Cayman island and Little Cayman in the Caribbean. It took 40 hours, 41 minutes.



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RED**



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## ABOUT THE MODEL



**NAME** Chris Roberts

**AGE** 27

**LIVES** Cardiff, UK

**HEIGHT** 183cm

**WEIGHT** 83kg

**ACHIEVEMENTS**

2014 UKBFF Stars  
of Tomorrow men's  
physique over 178cm  
champion

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**CONTACT**

Instagram and Twitter  
@chrisrobertsfm





# GAIN WITHOUT PAIN

**Shoulder injuries are amongst the most common in the gym. Leading UK physiotherapist GRAHAM BURNE explains how to avoid the common pitfalls of working this complex joint.**

**PHOTOGRAPHY BY  
SIMON HOWARD**

**NO PAIN, NO GAIN...** everybody is familiar with this expression. But if you suffer discomfort during a shoulder workout, it could spell trouble. What starts as a twinge can soon get worse, yet many gym goers ignore it until the pain becomes intolerable. It's a familiar tale. Shoulder injuries are amongst the most common in the gym and often require lengthy rehabilitation or surgery. Well-intentioned but harmful advice often makes matters worse. The bottom line is that the shoulder is a complex joint. It's worth taking time to learn the basics and taking the steps necessary to prevent your gains being compromised by injury.

# SHOULDER BASICS

The shoulder is the most flexible joint in the body, but the flip side is, it's also one of the less stable.

I say "joint" but it is not actually a single joint. It is the articulation between the head of the humerus bone on the upper arm and the glenoid fossa socket on the shoulder. It's often likened to a golf ball resting on a rather large tee. The joint is designed for maximum mobility to allow a broad spectrum of upper body movement, but this inherent instability is at the root of many problems.

The rotator cuff is crucial because it stabilises the shoulder. Most shoulder injuries affect the rotator cuff and the purpose of most rehab work is to strengthen it.

The rotator cuff consists of four muscles that can be remembered by the acronym SITS: supraspinatus, infraspinatus, teres minor and subscapularis. These muscles originate from different parts of the scapula (shoulder blade) and insert into the humeral head, converging together into a tendinous "cuff" around the joint.

Problems usually occur when tight internal shoulder rotators pull the humeral head forwards and inwards. If the external shoulder rotators are weak, they're unable to counteract this force and this leads to pain in the rotator cuff.

Although the pain is felt in the shoulder, the root of the problem is usually more widespread. The chest, back and bicep muscles all traverse the shoulders, so every upper-body workout activates the rotator cuff to some extent. Unfortunately, many of the exercises we do for these body parts cause internal shoulder rotation, as the chart below indicates. ▼

There is an obvious mismatch between the internal and external shoulder rotators. Men that hammer their pecs and lats are potentially storing up problems by overtraining their internal rotators and neglecting their external rotators.

## EVIDENCE

**1/** Studies testing the rotator cuff strength of patients with shoulder impingement syndrome consistently show muscular imbalances between external rotator and internal rotator muscles of the injured shoulder.

**2/** Significant decreases in electrical activity in the supraspinatus and infraspinatus rotator cuff muscles were found in subjects with shoulder impingement syndrome compared with uninjured subjects.

**3/** A number of studies have measured the strength ratio of the external rotators and internal rotators in healthy uninjured subjects. They report that one should be at least 60-70% as strong as the corresponding muscle group. So if your internal rotators can lift a weight of 5kg, your external rotators should be able to pull a weight of between 3-3.5kg to prevent muscular imbalances.

## GOLDEN RULES

**1/** Do not ignore shoulder pain. Training through it will lead to more serious injury, which will require longer and more invasive treatment. If you experience pain, incorporate rest and a modification period into your programme to rest the muscles from grating and teach them how to be exercised safely.

**2/** Be wary of exercises that require excessive internal rotation of the shoulder, such as front raises, lateral raises with thumbs down and upright rows. These moves put the supraspinatus muscle in a potentially compromised position.

**3/** Strengthen your middle and lower trapezius and rhomboids to increase scapula (shoulder blade) stability.

Try reverse flyes with straight elbows for middle traps.

**4/** Keep external rotators strong and internal rotator muscles flexible to avoid a poor internal/external strength ratio, which results in the humeral head pulling forward. Regular stretching after workouts helps.

## TRY THIS WORKOUT



Search for rotator cuff exercises on the internet and a plethora of generic moves appear. The exercises here don't cover everything, but they are the most effective moves for most men looking to improve their range of motion and the strength of their rotator cuff and scapula.

The rotator cuff is comprised of a similar number of slow and fast twitch muscle fibres, so your aim should be to increase muscular endurance and you should vary the tempo. Resist the urge to go heavy: this programme is about preventing injury rather than hypertrophy, so it's a short-term measure that will allow you to gain without pain afterwards.

Incorporate the following exercises into your routine for four weeks. They will greatly increase your chances of avoiding injury and allow you to blast your delts safely in the months to follow.

In weeks one and two, do 3 x 30 reps and adopt a slow tempo of 3 secs up, 3 secs hold, 3 secs down.

In weeks three and four, do 4 x 20 reps, adopting a fast tempo of 1 second up, 0 sec hold and 2 secs down.

### SHOULDER INTERNAL ROTATORS

Pectoralis major  
Latissimus dorsi  
Subscapularis  
Teres major  
Anterior deltoid

VS.

### SHOULDER EXTERNAL ROTATORS

Infraspinatus  
Teres minor  
Posterior deltoid  
-  
-





## REVERSE PALLOF PRESS

### OBJECTIVE

To isolate activation of the rotator cuff muscles and avoid unwanted contractions of the deltoid.

### START

Hold a cable pulley by your chest and stand with your right shoulder pointing towards the machine. You should be able to feel tension on the cable.

### MOVEMENT

Keeping your shoulders and hips square, press the cable straight out in front of your body, resisting the tendency to rotate towards the machine. The left shoulder should work to stop internal rotation through the movement. Hold, then slowly return your hands to your chest.



## STEP AWAY ISOMETRIC CUFF

### OBJECTIVE

To help the infraspinatus and the teres minor muscles contract in isolation of the deltoids, which is a key component of shoulder stability.

### START

Holding a cable pulley, stand with your arm by the side of your body and your elbow at 90 degrees.

### MOVEMENT

Keep the arm in the starting position and lunge sideways. Focus on preventing the arm from rotating inwards.





## PLANK WITH VENTRAL EXTERNAL ROTATION

### OBJECTIVE

A strong core is a key component of good shoulder function so simultaneously performing a plank with a rotator cuff exercise is doubly beneficial.

### START

Adopt a plank position with a resistance band looped around your wrists.

### MOVEMENT

Keep your head neutral and back flat and move alternative forearms outwards a couple of centimetres out to the side.

## SINGLE-ARM BARBELL PUSH PRESS



### OBJECTIVE

To strengthen the rotator cuff. It provides a better angle for shoulder pressing than overhead presses due to the neutral grip.

### START

Adopting a shoulder width stance, pick up an anchored bar in one hand.

### MOVEMENT

Extend the elbow, pushing the weight up then fully extend the hips and knees to produce maximal force.



## OVERHEAD WINDMILL



### OBJECTIVE

To stabilise the scapula by making the body work around the stable arm and shoulder rather than the shoulder moving on the stable body (as in traditional shoulder presses). This works the shoulder in a different way by challenging the rotator cuff to constantly activate and stabilise.

### START

Press a kettlebell directly upwards and maintain an extended arm throughout the exercise.

### MOVEMENT

With your legs at a suitable distance apart to allow both hip and shoulder flexibility, turn the foot on the opposite side outwards to the extended arm and reach down and touch your toes. Keep your legs straight (but not necessarily locked) and your chest out.

## BOSU PUSH-UP



### OBJECTIVE

This staple exercise of shoulder rehabilitation programmes improves control of the scapula.

### START

Begin in an elevated push-up position. Brace your core and remain contracted throughout the movement.

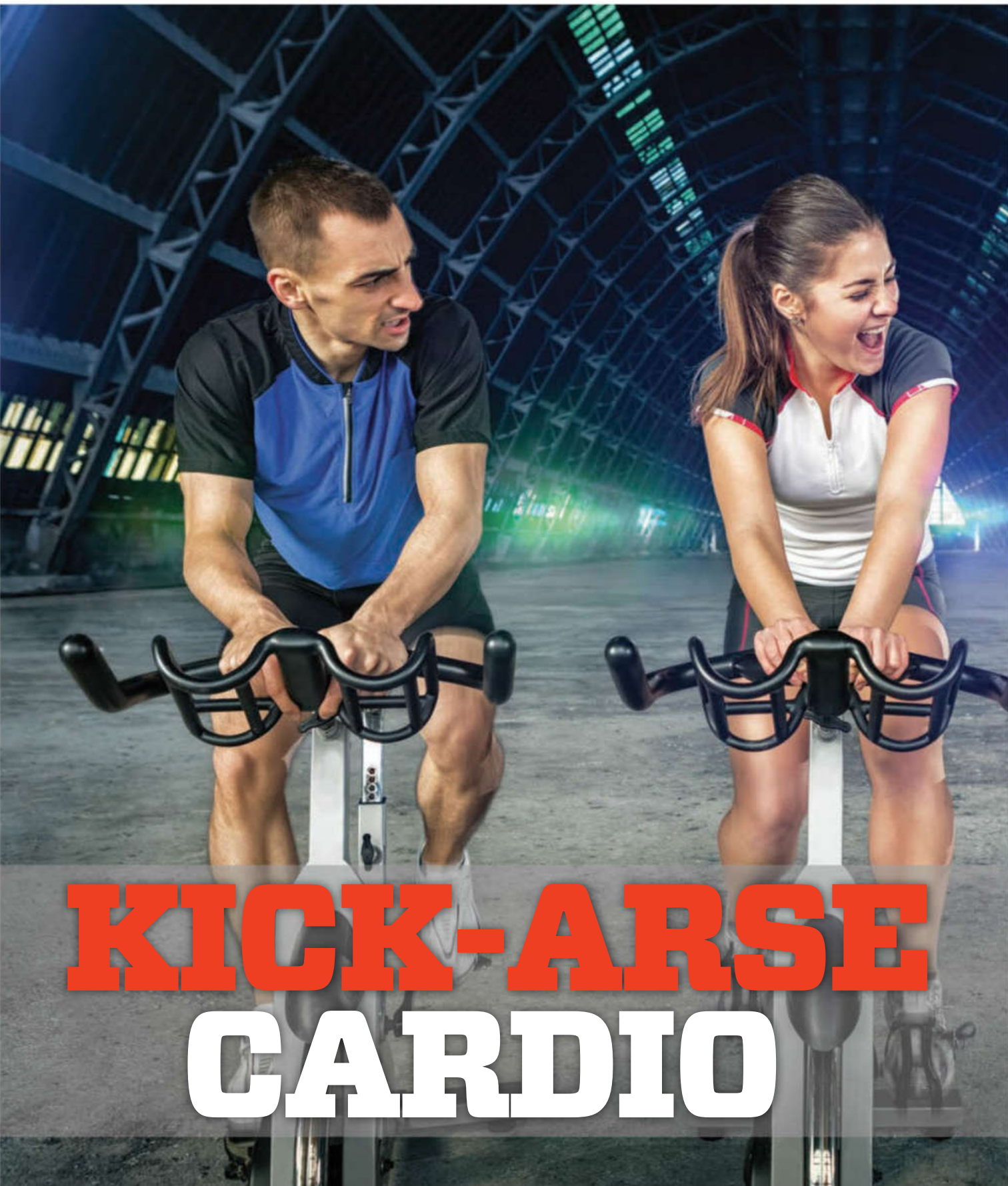
### MOVEMENT

Lower your body until your chest nearly touches the surface. Pause, then push back to the start. Once your arms are fully extended, continue pressing your palms into the ball and drive your shoulder blades towards the ceiling. Return to starting position.

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**GRAHAM BURNES** has Bachelor of Science degrees in physiotherapy and sports science. He is a clinical specialist/ESP physiotherapist working in the NHS, private practice, and elite sport. He is the clinical director of [wholelifephysio.com](http://wholelifephysio.com). For more information visit [kxlife.co.uk](http://kxlife.co.uk).



# KICK-ARSE CARDIO





From stationary bikes to rowers to climbers, you can get in a killer cardio session anywhere.

## STATIONARY BIKE

Indoor cycling classes offer fat-blasting, calorie-scorching, leg-sculpting workouts in a competitive yet social setting. Top instructors designed these routines for the days you can't make it to class. Just bring your own beats and start pedalling!



**VICTOR SELF**  
INDOOR CYCLING  
INSTRUCTOR

Follow the simple, effective warm-up below before you start the hill and sprint workouts on the next page, advises Self, who put together all three. Use the RPE (rate of perceived exertion) scale of 1 to 10 to determine how hard you are working: 1 = easy, 5 = moderately challenging (hard to sustain for more than three minutes), 10 = extremely challenging (an effort you couldn't sustain for more than 60 seconds). Resistance is indicated at four levels: light, moderate, heavy and very heavy.

### BREAK A SWEAT

TIME: 10 MINUTES

MINUTES	ACTIVITY
0 - 2	Easy riding with light resistance and moderate speed (70-80 rpm); RPE: 2-4
2 - 3	Slightly increase resistance to moderate while maintaining moderate speed; RPE: 3-5
3 - 4	1 min. pedalling fast (85-100 rpm) with moderate resistance; RPE: 5-7
4 - 5	1 min. moderate pedalling (70-80 rpm) with moderate resistance; RPE: 3-5
5 - 6	1 min. fast pedalling (85-100 rpm) with moderate resistance; RPE: 5-7
6 - 7	1 min. moderate pedalling (70-80 rpm) with moderate resistance; RPE: 3-5
7 - 8	1 min. fast pedalling (85-100 rpm) with moderate resistance; RPE: 5-7
8 - 9	1 min. moderate pedalling (70-80 rpm) with moderate resistance; RPE: 3-5
9 - 10	1 min. fast pedalling (85-100 rpm) with moderate resistance; RPE: 5-7

BY CHRIS ARTIS

Favourite cardio machine at the gym taken? Try something new: These 19 high-intensity workouts will blast fat and burn calories while fitting into the busiest schedule. Hop on board and get going!

## QUEEN OF THE HILL DRILL

TIME: 30 MINUTES

MINUTES	ACTIVITY
0 - 3	Start seated with moderate resistance and moderate speed (70-80 rpm); RPE: 3-5
3 - 6	Increase resistance two times in 3 min; slow speed (40-60 rpm); moderate-heavy resistance; RPE: 5-7
6 - 8	Keep resistance and stand; increase speed for 60 sec to 60+ rpm, then back to 40-60 rpm; RPE: 6-8
8 - 9	Decrease resistance to moderate and increase speed to moderate while seated; RPE: 3-5
9 - 13	Slow speed, heavy resistance, stand; add resistance three times in 4 min; RPE: 6-8
13 - 15	Keep heavy resistance, increase to 60+ rpm (30-45 sec.), then return to original pace seated; RPE: 7-9
15 - 17	Decrease to moderate and maintain moderate pace while seated; RPE: 3-5
17 - 22	Very heavy resistance, slow speed; add resistance twice during the 5 min while standing; RPE: 8-10
22 - 23	Very heavy resistance, increase speed (55+ rpm) 30-45 sec; return to slow pace, standing; RPE: 9-10
23 - 24	Decrease to heavy resistance and maintain slow speed while seated; RPE: 7-9
24 - 26	Decrease to moderate resistance and increase to moderate speed; RPE: 4-6
26 - 28	Decrease to light resistance and increase to fast speed (85-100 rpm) while seated; RPE: 2-4
28 - 30	Cool down, seated, allowing heart rate to decrease; end with some stretching



**PAVEL STUHLIK**  
FORMER PRO CYCLIST

## STUHLIK'S POWERHOUSE SPIN FUSION

TIME: ABOUT 20 MINUTES

Adapted for the stationary bike by Stuchlik, the format of this workout is simple but effective: warm-up, endurance, strength, power, recovery.

### WARM-UP: 4-6 MINUTES

- Keep one foot on the pedal and the other off and out of the way. Spin for 1 min with one leg. Switch to opposite side for the same amount of time. Repeat two to three times.

### HIGH GEAR: 4 MINUTES

- Dial it up to major resistance. Spin in high gear for 4 min.

### POWERHOUSE: 4 MINUTES

- Amp up to a big gear effort with very high rpm for 4 min. Aim to reach 82 to 92 percent of your maximum heart rate.

### RECOVERY: 4 MINUTES

- Slow the pace and reduce resistance for a 1-min recovery, followed by a 1-min sprint. Repeat.

## THE ULTIMATE SPRINTER

TIME: 30 MINUTES

MINUTES	ACTIVITY
0 - 3	Light resistance at 70-80 rpm; RPE: 2-3
3 - 4	Light resistance at 80-90 rpm; RPE: 4-5
4 - 7	Light resistance at 90-100 rpm; RPE: 6-7
7 - 9	Light resistance at 100+ rpm; RPE: 7-8
9 - 10	Recovery with light to moderate resistance at 60-80 rpm; RPE: 2-3
10 - 13	Moderate resistance at 70-80 rpm; RPE: 3-5
13 - 15	Moderate resistance at 80-90 rpm; RPE: 5-7
15 - 17	Moderate resistance at 90-100 rpm; RPE: 7-8
17 - 19	Moderate resistance at 100+ rpm; RPE: 8-9
19 - 20	Recovery with light to moderate resistance at 60-80 rpm; RPE: 3-5
20 - 22	Moderate resistance at 90-100 rpm; RPE: 6-8
22 - 23	Moderate resistance at maximum speed; RPE: 9-10
23 - 25	Recovery with light to moderate resistance at 60-80 rpm; RPE: 3-5
25 - 27	Moderate resistance at 90-100 rpm; RPE: 7-9
27 - 28	Moderate resistance at maximum speed; RPE: 10
28 - 30	Cool down, allowing heart rate to decrease; end with some stretching



**CHAN GANNAWAY**  
FITNESS DIRECTOR  
OF ORANGETHEORY  
FITNESS CORPORATE

## ROLLING HILLS WITH FLATS

TIME: ABOUT 27 MINUTES

Gannaway designed this exhilarating cycling workout, which varies resistance and intensity.

- 4-5-min warm-up, 60-80 rpm, light\*
- 1 min, 70-80 rpm, medium\*\*
- 2 min, 80-100 rpm, medium
- 2 min, 70-80 rpm, light
- 2 min, 70-80 rpm, heavy but doable\*\*\*
- 1 min, 80-100 rpm, light
- 1 min, 70-80 rpm, heavy but doable
- 1 min, 90-110 rpm, medium
- 2-min cooldown, 60-70 rpm, light

Repeat cycle block, eliminating warm-up

\*Light: can maintain pace for 30 min

\*\*Medium: challenging but steady

\*\*\*Heavy: hard but can maintain it





**JARED STEIN**  
CROSSFIT COACH

## INDOOR ROWING MACHINE

Rowing lights up nearly every major muscle group in your body and will put your endurance to the test, even in short intervals. Here are four completely badass workouts for the indoor rowing machine.

### 1 HIIT SPRINT SERIES

TIME: 12-15 MINUTES

Stein shares this interval routine for people who are short on time. Don't be fooled by its brevity – this workout will fry you! Log your sprint times and use them as a benchmark for when you do this workout again.

- Row 500 metres at about 60 percent effort, not for time
- Rest 30 sec.
- Row 250 metres at max effort; keep track of time
- Rest for the amount of time it took you to row
- Repeat for a total of four sprints, 1:1 work-rest ratio
- Row 500 metres at about 60 percent effort, not for time

### 2 UP THE LADDER

TIME: 45-50 MINUTES

Stein created this ascending ladder that increases intensity with every round. Punishment gluttons can descend back down after.

- Choose a split time (pace per 500 metre) that is challenging but maintainable for a 1000-metre row
- Row 100 metres at or faster than the selected split time
- Rest for the amount of time it took you to row
- Row 200 metres at or faster than the selected split time
- Rest for the amount of time it took you to row
- Continue up the ladder in 100-metre increments until you reach 1000 metres, maintaining a 1:1 work-rest ratio

### 3 THREE PYRAMIDS

TIME: 40 MINUTES

Olympic rower Peterson advises you to do this workout as hard as you can the whole time. "Your pace will improve as your stroke rate goes up, but you want to avoid falling apart and going easy, or 'paddling', as the stroke rate comes down."

<b>16-18 spm*</b>	3 min
<b>22-24 spm</b>	2 min
<b>28-30 spm</b>	1 min
<b>22-24 spm</b>	2 min
<b>16-18 spm</b>	3 min

- Rest 3-5 min
- Repeat two more times

\*SPM is strokes per minute

### 4 2K ROW/BURPEE-OVER-ERG COUPLET

TIME: 15 MINUTES

Two kilometres is the length of most Olympic rowing races and is a benchmark distance for the indoor rowing machine. That's a tough test on its own, but Abbott likes to throw in a twist: hop off and do 10 burpees over the rowing machine after each 500-metre increment. "Those last 10 burpees are particularly soul sucking," says Abbott.



**NICK PETERSON**  
MEMBER OF THE 2000 UNITED STATES OLYMPIC ROWING TEAM (MEN'S QUADRUPE SCULLS);  
CROSSFIT COACH



**NOAH ABBOTT**  
CROSSFIT COACH

## THREE MACHINES YOU NEVER USE (BUT SHOULD)

Lucky enough to have this equipment around? Try it out and get set to sweat hard.

### Reverse Tabata on THE ASSAULT AIR BIKE TIME: 4 MINUTES

"The Assault Air Bike is the most demanding bike of its kind," says Noah Abbott. Try to do an eight-round reverse tabata for total calories—that's 10 seconds of work followed by 20 seconds of rest. "Clients who have never done it sometimes sniff, thinking it will be too easy." But this workout has most athletes reduced to a puddle.

### CrossFit Jerry Hero Workout on the TRUE FORM TREADMILL and CONCEPT2 INDOOR ROWER TIME: 21-30 MINUTES

Unlike most treadmills, the True Form is not motorised, so the experience is more like actual running, says Abbott. He recommends the classic CrossFit workout "Jerry", named to honor Sgt. Maj. Jerry Dwayne Patton of the US Army, who died in 2008. It's a timed workout: one-mile (1.6km) run, followed by a two-kilometre row, followed by a one-mile run. "Don't redline the first run or you'll lose it on the rower. After the row, immediately get on the True Form. Your legs will feel like jelly at first, but after a few hundred metres, you'll hit your stride."

### Seven Up on the VERSACLIMBER TIME: 15 MINUTES

The VersaClimber requires you to use your arms and legs in a vertical motion that mimics an extremely steep climb. CrossFit coach Christian Fox recommends the following interval workout. "Your goal is to be as consistent as possible so there isn't a significant drop-off in the number of feet climbed in the final rounds."

- 2-min warm-up at about 50 percent effort
- Rest 30 sec
- 1 min hard at about 90 percent effort
- Rest 30 sec
- Repeat interval sequence for a total of seven rounds
- 2-min cooldown at about 50 percent effort

## TREADMILL

Even if you're an avid hiker or road runner and insist on working out outside, there will be times when using a treadmill is simply your best option (eg, you don't want to run in a lightning storm). These fun and challenging workouts mix it up for you on the treadmill.



**FRANKLIN ANTIOAN**  
FOUNDER OF  
IBODYFIT.COM;  
AUTHOR OF THE FIT  
EXECUTIVE

### THE HIKER'S WORKOUT

TIME: 60 MINUTES

Antioan offers this to clients getting in shape for a long hike. Focus on taking long, full strides as the incline increases.

- 15-min race walk at 8 km/h, flat incline
- 10-min fast walk at 6.5 km/h, 5 percent incline
- 10-min power walk at 5 km/h, 10 percent incline
- 10-min power climb at 3 km/h, 15 percent incline
- 15-min cooldown at 5 km/h, gradually reducing

### SPRINT ENDURANCE TIME: 40 MINUTES

This workout can help when you need to reach deep for extra bursts of energy.

- Jog at an easy pace for 10 min
- Run 5 kilometres at a challenging but achievable pace
- After completing 5 kilometres, sprint for 5 sec, then walk for 5 sec
- Sprint for 10 sec, then walk for 10 sec
- Sprint for 15 sec, then walk for 15 sec
- Sprint for 30 sec, then walk until you have cooled down

Repeat sprint section three to five times; walk to cool down.

Freshen up your treadmill routine and challenge your muscles with new variations.





Running hills is a critical component of middle- and long-distance road-race training. Shoemate, a US-based ultramarathoner whose workout tips can be found at [cari-fit.com](http://cari-fit.com), offers an intermediate and advanced treadmill workout that'll strengthen quads, kick your cardio into high gear, and give you tools to conquer big hills.



**CARI SHOEMATE,**  
OWNER OF BOMBSHELL  
BOOTCAMP, US

## INTERMEDIATE HILL-RUNNING WORKOUT

TIME: 28 MINUTES

MINUTES	INCLINE	KM/H
0-5	0	5.5 km/h
5-10	3	8 km/h
10-12	0	8.5 km/h
12-14	5	8.5 km/h
14-16	0	8.5 km/h
16-18	7	8.5 km/h
18-20	0	8 km/h
20-25	7	8 km/h
25-28	0	Cooldown walk

## ADVANCED HILL-RUNNING WORKOUT

TIME: 28 MINUTES

MINUTES	INCLINE	KM/H
0-5	0	10 km/h
5-10	5	10 km/h
10-12	10	9 km/h
12-14	10	8 km/h
14-16	10	10 km/h
16-18	10	8 km/h
18-20	5	9 km/h
20-25	3	12.5 km/h
25-28	0	Cooldown walk

## BRAIN TEASER

TIME: 45 MINUTES

Nicole Wilkins, a Met-Rx-sponsored figure pro who has mentored and coached many other competitive athletes, designed this fantastic treadmill fat burner. Adjust the speed to match your fitness and comfort level.

- 3-min warm-up, 3.5 mph

### RAISE INCLINE TO 2 PERCENT

1 MIN	11 km/h
1 MIN	5 km/h
1 MIN	12.5 km/h
1 MIN	5 km/h
1 MIN	14.5 km/h
1 MIN	5 km/h

- Repeat sequence once

### LOWER INCLINE TO FLAT

1 MIN	14.5 km/h
90 SEC	5 km/h

- Repeat sequence 10 times
- 5-min cooldown at 5.5 km/h

## ELLIPTICAL MACHINE

If you're feeling slightly beat up, the elliptical can be an excellent option for a low-impact cardio blast. Shy, a member of team Optimum Nutrition, created this tough climbing workout for the elliptical.



**EVAN SHY,**  
PHYSIQUE  
COMPETITOR;  
PERSONAL TRAINER

## SHYTOWN EVEREST

TIME: 20 MINUTES

- 3-min warm-up:  
30 percent of maximum effort, 10 resistance
- 60-sec sprint:  
85 percent of maximum effort, 24 resistance
- 60-sec recovery:  
50 percent of maximum effort (135 bpm), 10 resistance
- 60-sec sprint:  
90 percent of maximum effort, 23 resistance
- 60-sec recovery:  
50 percent of maximum effort (135 bpm), 10 resistance
- 60-sec sprint:  
95 percent of maximum effort, 22 resistance
- 60-sec recovery:  
50 percent of maximum effort (135 bpm), 10 resistance
- 60-sec sprint:  
95 percent of maximum effort, 21 resistance
- 60-sec recovery:  
50 percent of maximum effort (135 bpm), 10 resistance
- 60-sec sprint:  
100 percent of maximum effort, 20 resistance
- 3-min cooldown:  
35 percent of maximum effort (110 bpm), 10 resistance **MBF**



**NICOLE WILKINS,**  
FOUR-TIME IFBB  
FIGURE OLYMPIA  
AND THREE-TIME  
IFBB FIGURE  
INTERNATIONAL  
CHAMP

## STEPMILL

Wilkins has her clients perform this quad crusher, which keeps both your body and mind engaged.

## AROUND THE WORLD ON THE STEPMILL

TIME: 40 MINUTES

### SET MACHINE TO MANUAL

- 5 min at level 10
- 2 min at level 12; skip every other step
- 1 min at level 15
- 1 min at level 10, facing right (turn

- body sideways and cross your leg over as you step up)
- 1 min at level 10, facing left
- 1 min at level 16

- 1 min at level 8
- Repeat sequence five times
- 5-min cooldown at level 6



With blood trickling down his shins, Eddie Hall deadlifts a world record 463kg.



The fans in Leeds cheer Hafthor Bjornsson.







# KINGS OF STRENGTH

Britain's **EDDIE HALL** and Iceland's **HAFTHOR BJORNSSON** push the boundaries of human power at Europe's Strongest Man.

**THERE ARE SOME 370 MILLION MALES** living in Europe, but only one can be recognised as the strongest of all. Since 1980 Europe's Strongest Man has been doing precisely that: identifying the supreme Alpha male in the 10 million square kilometres from Russia to Reykjavik.

Twenty men have held the title, three of them British. Geoff Capes and Jamie Reeves won it five times between them in the 1980s. Welshman Gary Taylor tied for the honour in 1991. Since then – nothing. It's been a long wait for a country that loves strongman.

In the early days, Scandinavians were the Brits' main rivals. Now, it's Scandinavians and eastern Europeans. Poland's Mariusz Pudzianowski won six times in the last decade and Lithuania's Zydrunas Savickas has three titles this decade. The Dominator and Big Z are two of the greatest strongmen of all time, so it isn't getting any easier.

In fact, most of the world's top strongmen, with the exception of a few Americans, are from Europe so this event is, with the exception of the World's Strongest Man final, the toughest of all to win.

Whereas the World's Strongest Man lasts a week and involves a series of qualifying heats, this event sees the best of the best go head-to-head in one afternoon, which explains why 7000 people, the largest paying crowd for any strongman competition in the world, have turned up each year since promoters

Darren Sadler and Colin Bryce took charge four years ago and turned this into an epic day's entertainment.

British competitors Eddie Hall, Terry Hollands, Mark Felix and Luke Stoltman could hardly have faced a bigger challenge in 2015. Defending champion Hafthor "Thor" Bjornsson, who plays The Mountain in TV series *Game of Thrones*, stands more than two metres tall and weighs over 180kg.

Thor was the favourite but at least the Brits had home advantage, with Headingley Carnegie Stadium in Leeds, UK, hosting the event for a fourth consecutive year.

Strength, however, comes in many forms and, for a lot of people, the purest test is the deadlift. So, for the second year running, the competition incorporated the World Deadlift Championships into the schedule.

All 10 of Europe's Strongest Man competitors, plus two guest lifters, would begin the afternoon by participating in the deadlift championships, which was both a standalone event and an opportunity to accumulate points for Europe's Strongest Man. The guest lifters would then step aside for the remaining five events.

It means that by the end of the day, two continental kings of strength would be crowned. *Muscle & Fitness* and our sister title *FLEX* were once again media partners and TV cameras were there to broadcast the event worldwide.

# THE HEAVIEST LIFT IN HISTORY

**EDDIE “THE BEAST” HALL** hoists 463kg to win World Deadlift Championships



**THE DAY BEGAN** with a \$7000 shoot-out to see who could deadlift the most weight. The format was simple but compelling: the bar started at 380kg and would then go to 400kg, 435kg, 450kg and hopefully a world-record 463kg. Failure at any weight meant elimination.

Benedikt Magnusson set a world-record 461kg at this event last year, but the Icelandic giant was injured, so attention focussed on the UK's Eddie Hall, who set a new standard by lifting 462kg at this year's Arnold Classic Australia in the presence of Arnold Schwarzenegger himself.

That lift, watched by 2 million people on YouTube, catapulted the charismatic, crew-cutted Hall onto another level of popularity and he was clearly the fan favourite.

But he faced tough competition, particularly in the hefty forms of guest lifters Andy Bolton and Jerry Pritchett. UK powerlifter Andy Bolton, the first man to deadlift 1000lbs (453.5kg) in competition, was lifting on home turf in Leeds while Pritchett had travelled from Arizona in the United States.

Bolton, 45, is still capable of pulling something big but

had the disadvantage of competing under strongman rules, which allow wrist straps and hitching the bar. Last year he dropped the bar when a strap slipped so he had been practising hard on his grip. Pritchett, who is familiar with powerlifting and strongman rules, had flown in with a big reputation and fancied his chances. Fellow American George Leeman was also billed to compete but withdrew.

That 10 of the 12 lifters achieved 400kg or more is unheard of in strength events. But 420kg began sorting them out. England's Terry Hollands and Mark Felix were amongst five who failed at this weight. Bolton managed 420kg to record his 47th 900lbs-plus (408kg+) competition deadlift in a remarkable career but failed at 435kg.

That left Hall, Pritchett, Bjornsson and Rauno Heinla, the surprise package from Estonia. Pritchett and Heinla raised 435kg but couldn't manage 450kg. Thor could but then withdrew, mindful to leave something in the tank for the remaining five events that would decide the fate of the Europe's Strongest Man trophy.

That left the coast clear for Hall, who had passed at



435kg and 450kg to go straight for a 463kg world record. He may not have had Schwarzenegger cheering him on this time but the crowd was. Headingley reached a crescendo of chanting as the shirtless Hall went through his pre-lift ritual, grabbed the bar and with blood trickling down his shins hoisted the heaviest weight in history almost as if it were a warm-up set. Cue mayhem.

Three-times World's Strongest Man Bill Kazmaier, who was at the event to commentate and be inducted into the Strongman Hall of Fame, led the chorus of disbelief. "Eddie Hall is quite possibly the strongest man who ever lived," he said. Coming from the man some regard as the strongest man who ever lived, it was quite a compliment.

All the talk soon switched to who will become the first man to lift 500kg – a weight that hitherto seemed impossible. If Magnusson can get fit and Hall, who is only 27 years old, continues to improve it could happen in the next few years. "I think the 500kg is going to fall," Hall told the crowd. "And it's me who's going to do it." Few of those who witnessed him making 463kg look easy would disagree.



**1** The Beast roars after breaking the world record.

**2** Colin Bryce inducts US legend Bill Kazmaier into the Strongman Hall of Fame.

**3** Scotland's Luke Stoltman managed 380kg but failed at 400kg.

**4** Andy Bolton achieved his 47th 900lbs deadlift on home soil in Leeds.

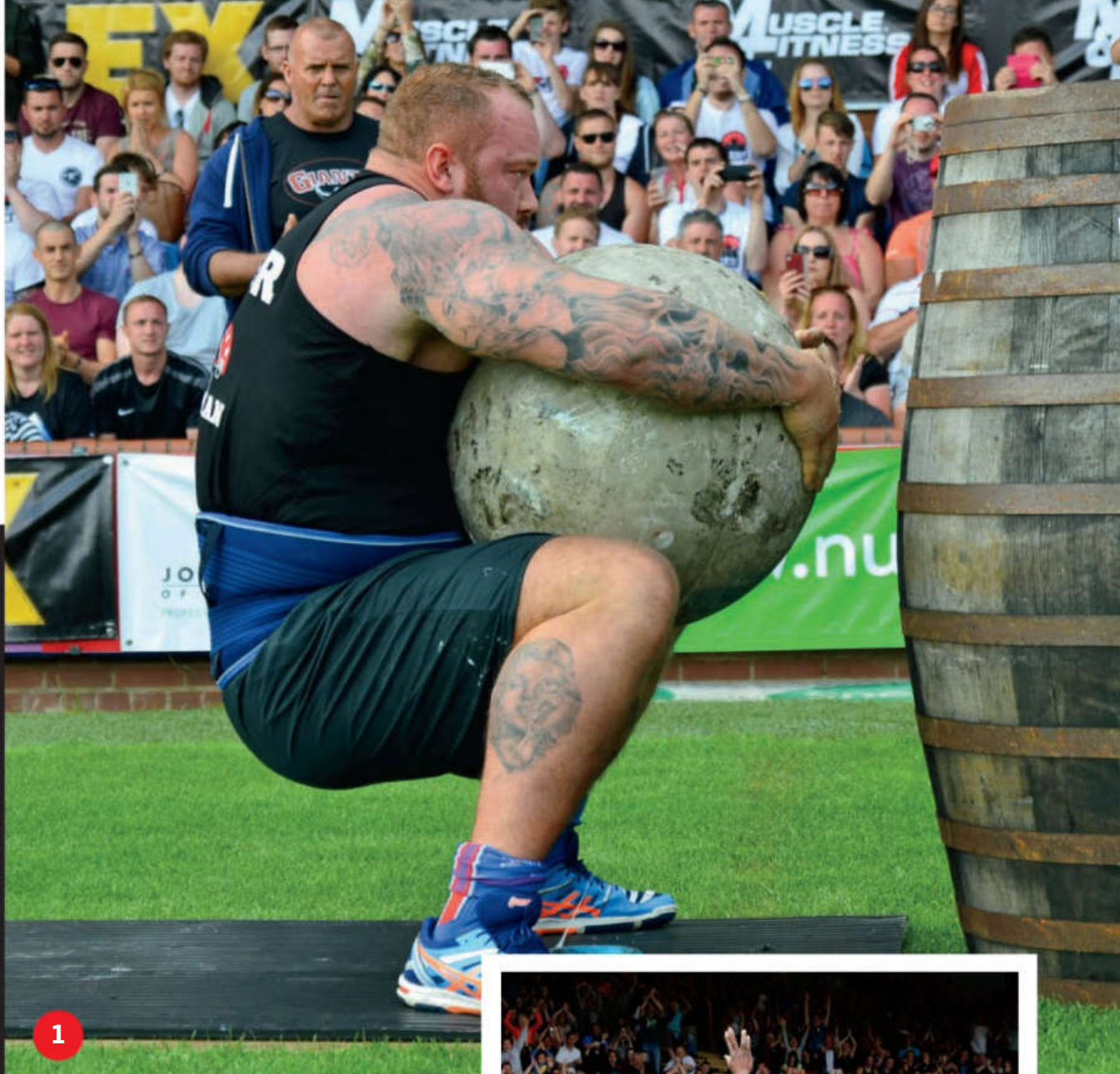
## WORLD DEADLIFT CHAMPIONSHIPS

- 1** EDDIE HALL / England / 463kg\*
- 2** HAFTHOR BJORNSSON / Iceland 450kg
- 3** JERRY PRITCHETT / USA / 435kg
- 3** RAUNO HEINLA / Estonia / 435kg
- 5** ANDY BOLTON / England / 420kg
- 6** DAINIS ZAGERIS / Latvia / 400kg
- 6** TERRY HOLLANDS / England / 400kg
- 6** MATJAZ BELSAK / Slovenia / 400kg
- 6** KRZYSZTOF RADZIKOWSKI / Poland / 400kg
- 6** MARK FELIX / ENGLAND / 400kg
- 11** LUKE STOLTMAN / Scotland / 380kg
- 11** DIMITAR SAVATINOV / Bulgaria / 380kg

\* NEW WORLD RECORD



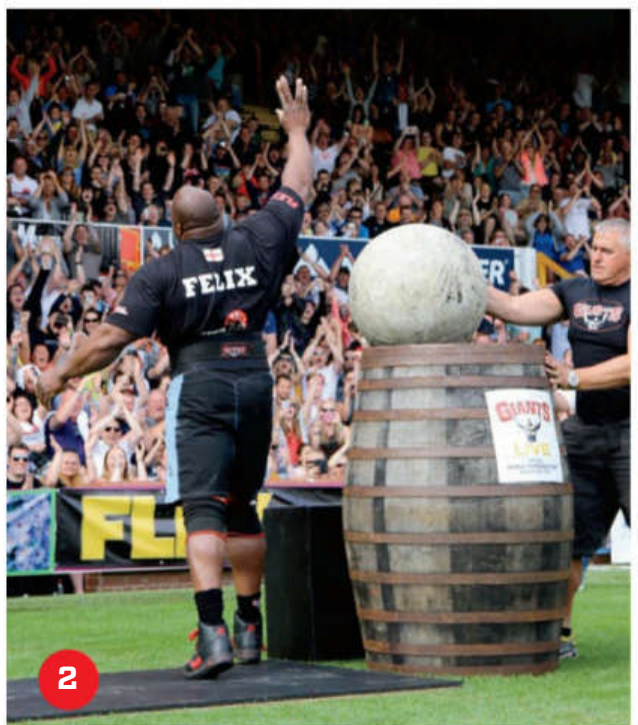




1

# GAME OF STONES

Atlas stones specialist  
**HAFTHOR BJORNSSON**  
wins Europe's Strongest Man



2





- 1 Thor on his way to victory in the Atlas Stones.
- 2 Mark Felix finished equal third at 49 years.
- 3 Terry Hollands, Britain's best strongman this century, made an encouraging comeback.
- 4 Thor lifts the trophy.



## STRENGTH

**TO TV FANS** he's The Mountain, the brutal warrior of *Game of Thrones*. But in the strength world Hafthor Bjornsson is no actor; he's the real deal, as he proved by becoming a two-time winner of Europe's Strongest Man.

Even by strongman standards – and humans don't get any bigger than strongmen – Thor is enormous. He's also surprisingly athletic, as he proved in the more mobile events, such as the lifting medley, where you have to move quickly as well as lift big – sorry, enormous – weights.

After finishing second in the World Deadlift Championships, Thor blitzed the medley to be equal first with Hall on 19 points after two events. They were already six points clear of the field and looked set for a great match-up but Hall withdrew citing a hip injury. After lifting 463kg, it was hardly surprising.

When Bjornsson annihilated everyone in the car walk, he was nine points clear of his remaining opponents at the halfway point. Victory seemed a formality but then something strange happened: he started losing.

Krzysztof Radzikowski, always a tough opponent, won the hammer hold and then shoulder pressed a 150kg log six times in a minute to get another maximum 10 points. Bjornsson could only manage fourth in both events and with one event to go only two points separated him and the Pole.

Unfortunately for Radzikowski that event happened to be the Atlas stones, an event at which Thor is nigh on unbeatable. His height and long arms help him grip the boulders and raise them on to platforms and he loaded six stones weighing 100kg, 120kg, 140kg, 160kg, 180kg and 200kg in just 30 seconds to win easily. Thor and American Brian Shaw are kings of the stones.

Thor's thoughts then turned to beating Shaw and winning the World's Strongest Man. He's been on the podium for the last three years but has yet to be number one. "It's coming," the Viking yelled at the crowd.

Radzikowski finished second and Blackburn's Mark Felix was joint third at 49 years old. Felix is known for his grip strength but he showed he still has phenomenal all-round ability by finishing second in the car walk, hammer hold and Atlas stones. The man is a freak of nature.

Terry Hollands, twice a podium finisher at the World's Strongest Man, finished equal seventh. Hollands had only been

## EUROPE'S STRONGEST MAN

- 1 HAFTHOR BJORNSSON / Iceland / 52
- 2 KRZYSZTOF RADZIKOWSKI / Poland / 48
- 3 MARK FELIX / England / 40
- 3 DAINIS ZAGERIS / Latvia / 40
- 5 MATJAZ BELSAK / Slovenia / 35
- 6 DIMITAR SAVATINOV / Bulgaria / 26
- 7 TERRY HOLLANDS / England / 4
- 7 LUKE STOLTSMAN / Scotland / 24
- 9 EDDIE HALL / England / 19
- 10 RAUNO HEINLA / Estonia / 8



training for eight weeks after a lengthy absence and entered at the last minute so this was an encouraging performance that suggested Big Tel could again be a force. Scotland's Luke "The Highland Oak" Stoltzman, who tied with Hollands, equipped himself well in the biggest contest of his career so far.

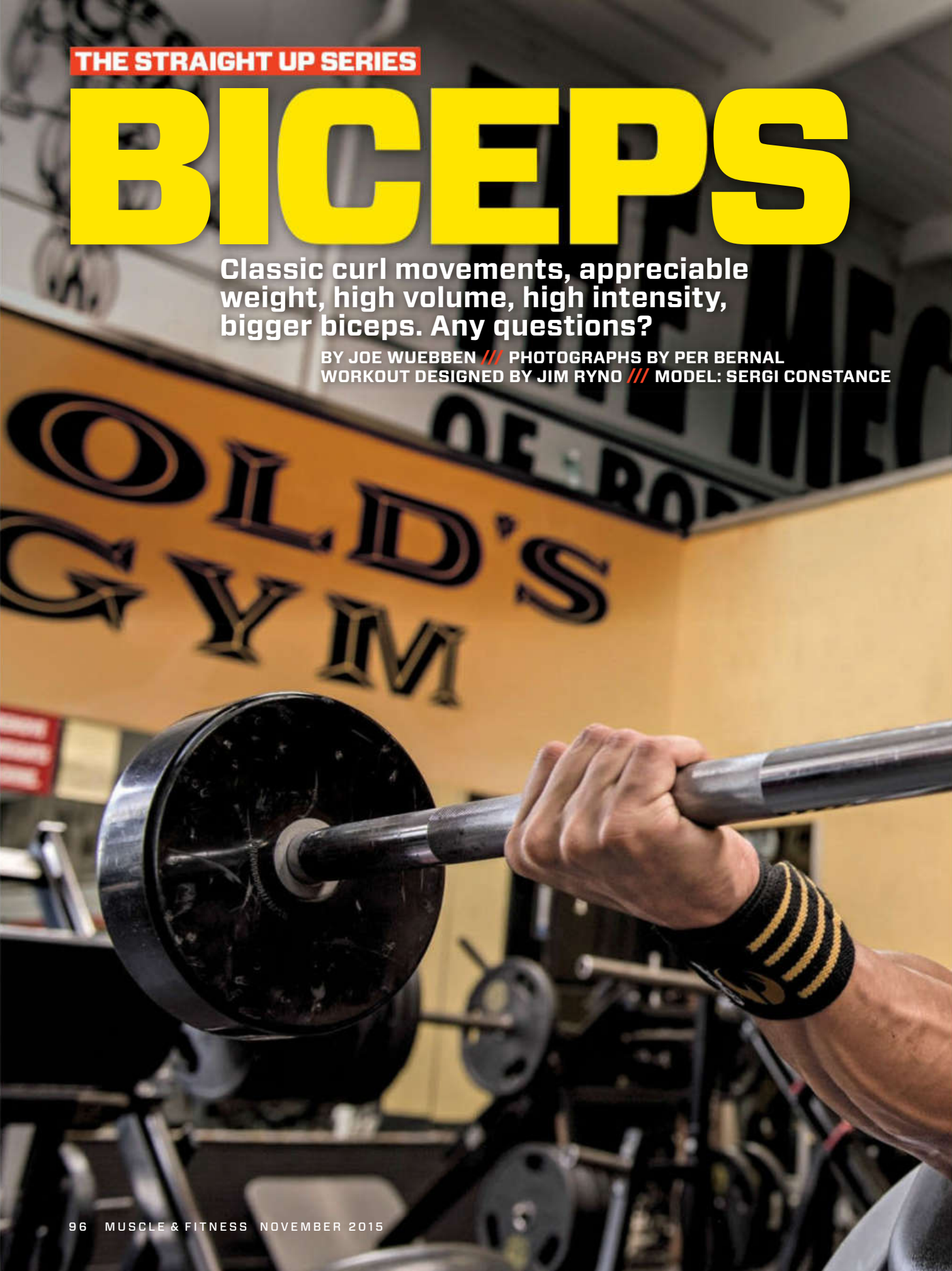
Thor's success meant Britain's wait to win Europe's Strongest Man continues. But with Hall's world record deadlift, perhaps it doesn't. As emcee Colin Bryce told the crowd: "If you rate deadlifters number one then he is number one." **MBF**

THE STRAIGHT UP SERIES

# BICEPS

Classic curl movements, appreciable weight, high volume, high intensity, bigger biceps. Any questions?

BY JOE WUEBBEN /// PHOTOGRAPHS BY PER BERNAL  
WORKOUT DESIGNED BY JIM RYNO /// MODEL: SERGI CONSTANCE







## STEEP-ANGLE PREACHER CURL

A standard preacher curl bench fixes your upper arms at around 45 degrees. With steep-angle curls, you're aiming for the upper arms to be vertical or close to it. This can be achieved by using the backside of the bench or by sitting up tall (not back) with your shoulders well above the pads, as shown.



**N** **NO GIMMICKS,** no novel exercises, no reinventing the wheel. Just lots of curls and a bigger pair of arms for your efforts. That's the basic premise behind the following biceps routine designed by *M&F* contributor Jim Ryno, a personal trainer and owner of luxury home-gym design firm Iron House in the US ([iron-house.co](http://iron-house.co)). Weights are kept relatively heavy with the exception of a 20-rep dropset finisher on the last exercise (steep-angle preachers).

"There's no magic number of reps when it comes to building massive biceps," says Ryno, who recommends doing this routine either with triceps or on its own. "The key is to include a variety of rep schemes – low reps, medium reps, high reps – into your overall program. This routine forces you to use all of these rep ranges. Be mindful to select the proper weight for each exercise. Going too heavy only leads to bad form, not fully stimulating the muscles and overstressing the elbows. You need to focus on the biceps working. Train the muscle, not the movement."

## HAMMER CURL

"Execute them as a power movement for the arms, using heavy weight for lower reps," says Ryno. Still, keep your form tight. It's OK if your elbows move slightly forward, but don't let them flare out.



## BARBELL CURL

Slight “cheating” can be utilised on the last rep or two, but otherwise keep your form strict with no leaning back. As for grip width, go with whatever’s most comfortable and natural so that you can focus solely on the biceps.



## WEIGHTED CHIN-UP

Increase the amount of weight slightly on each set so that the decreasing rep counts are difficult. Feel free to do the first set or two with body weight only if 10 reps or so is your max on body-weight chin-ups. Absolutely no kipping on these. The goal is to build muscle, not burn calories. **M&F**

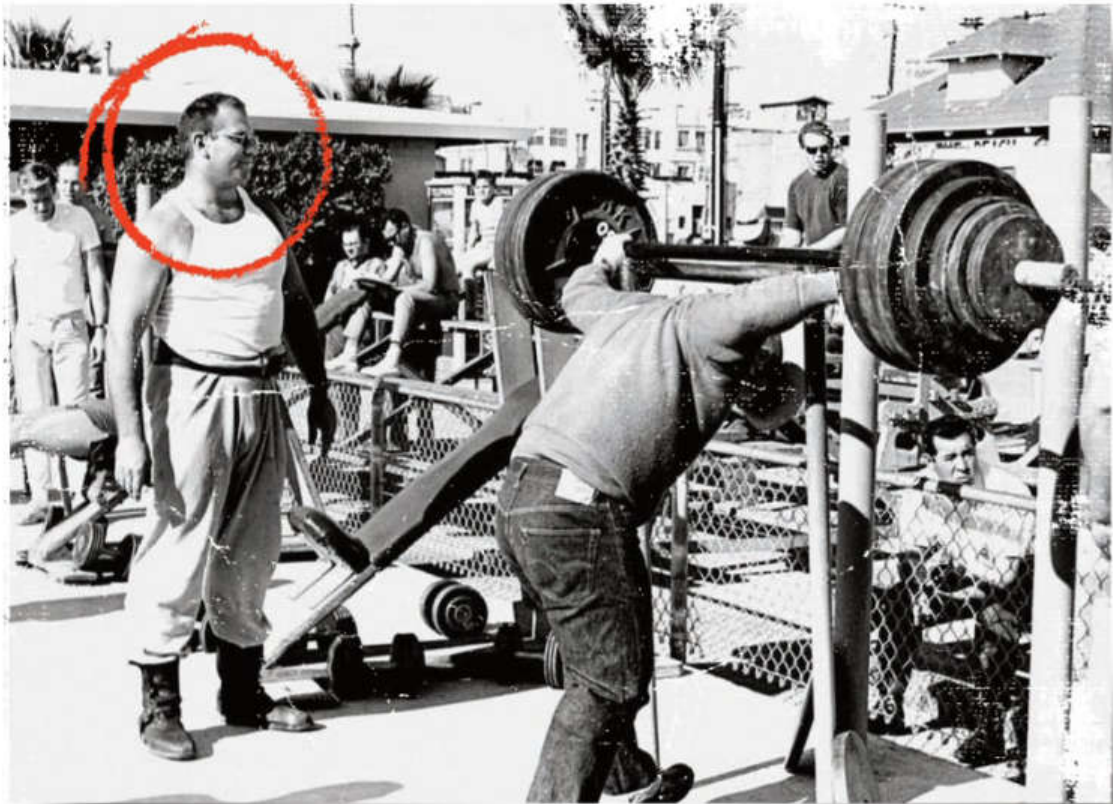


## THE WORKOUT BICEPS

EXERCISE	SETS	REPS	REST
Weighted chin-up	4	10, 8, 6, 4	60–90 sec
Barbell curl	4	12, 10, 8, 8	60 sec
Hammer curl	4	8, 8, 6, 6	60–90 sec
Steep-angle preacher curl	2	6/20*	90 sec

\*6/20 dropset method: select a relatively heavy weight, one that limits you to 6 reps. Do 6 reps, then immediately cut the weight in half and do 20 reps with the lighter resistance. That’s one complete set.

IN MEMORIAM DR OLIVER SACKS 1933-2015



# MIND OVER MUSCLE

THE LATE **DR OLIVER SACKS** RANKED AMONG THE GREAT MINDS OF THE PAST CENTURY, YET LONG BEFORE **AWAKENINGS** HE WAS A 127-KILO MUSCLE BEACH POWERLIFTER.

BY **OLIVER SACKS** | INTRODUCTION BY **SHAWN PERINE**  
PHOTOGRAPHS COURTESY OF OLIVER SACKS



O

**ONE NIGHT BACK IN 1983 I WAS FLIPPING**

channels when my attention was caught by a program on PBS. It was a roundtable discussion between some of the greatest minds of the day, in which they volleyed their views on the meaning of life back and forth – as much a sparring match among intellectual giants as it was an elucidating discourse. I was transfixed. But of the seven men assembled at that round oak table in a darkened room, it was the quietest among them who

intrigued me most. That man was Oliver Sacks, recognised as the real-life neurology doctor whom Robin Williams portrayed in the 1990 film *Awakenings*. Every word from his mouth was precise and reasoned, and whereas several of his counterparts seemed to enjoy sparring, and even engaging in a little chest puffery, Dr Sacks remained the calm in the centre of a storm of intensely profound ideas.

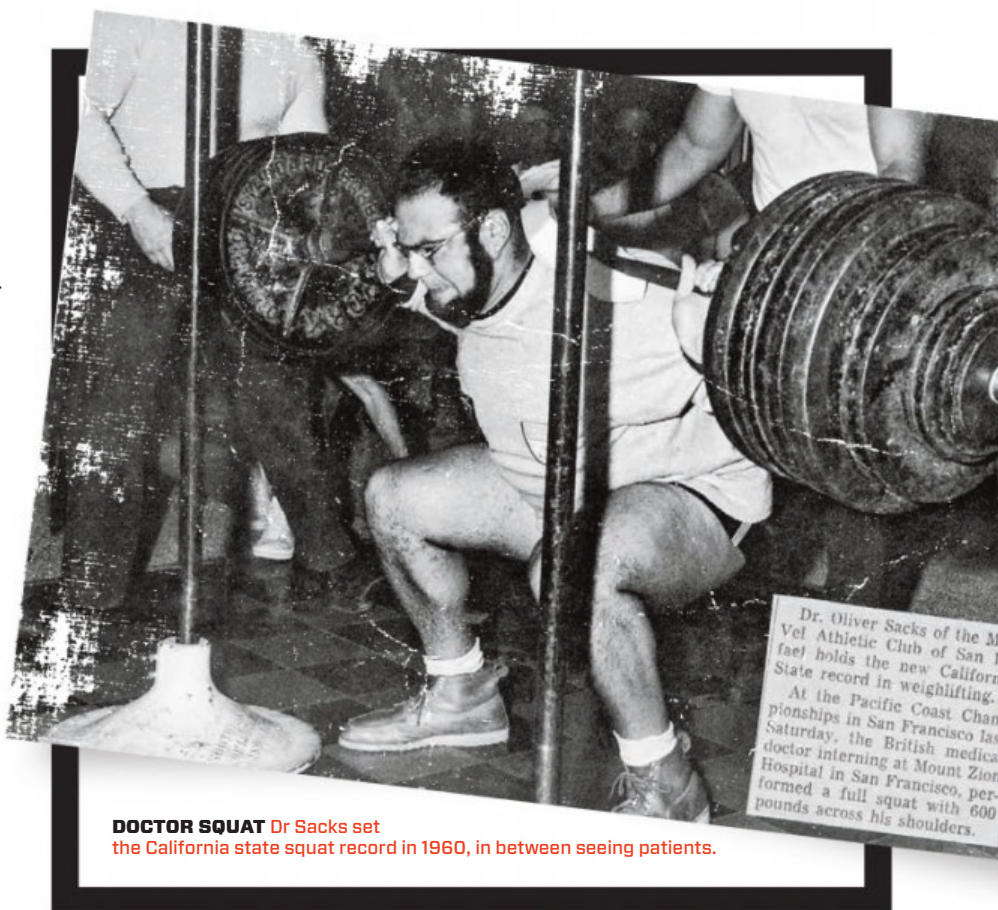
About a decade later I was reading a post by bodybuilding legend Dave Draper on his excellent site (*dave draper.com*) in which he recalled training in the early '60s in Venice Beach, US, with a monstrously strong medical student from London whose name was Oliver Sacks. I immediately reached out to Dave to ask if this could possibly be the same Dr Oliver Sacks of *Awakenings*, *A Glorious Accident* and a host of best-selling books. Dave hadn't seen or spoken with his old lifting buddy in many years, but he suspected that the motorcycle-riding, carousing, bull-strong Brit of his youth may well have been the same man as the esteemed author/doctor/professor of today. I told him I was going to do some research and let him know. A call to the New York office of Dr Oliver Sacks, answered by his long-time assistant and collaborator Kate Edgar, resulted in a hand-typed letter in my mailbox a few weeks later, which is transcribed here. I received it from Dr Sacks in 2003, and to this day it's among my most treasured possessions.

On Sunday, August 30, of this year, Oliver Sacks died at his Manhattan home of liver cancer. He was 82. When I learned of his illness I wanted to include his letter to me into this magazine in the hope the powerlifter in him would get a kick out of it. Now it must serve as a form of tribute to a man who embodied strength, both physical and mental.

the time to pen this letter, and for inspiring me to always be curious. His example of a creative, open mind coupled with a powerful body is one that I aspire to every day.

Dr Oliver Sacks was a physician, an author and a professor of neurology at the NYU School of Medicine. *The New York Times* has referred to him as “the poet laureate of medicine”.

He is best known for his collections of neurological case histories, including *The Man Who Mistook His Wife for a Hat*, *Musicophilia*:



**DOCTOR SQUAT** Dr Sacks set the California state squat record in 1960, in between seeing patients.

In the letter that follows, Dr Sacks' passion for training rings loud and true, and as much as he has been heralded for his groundbreaking work in neuroscience, so, too, should he be recognised as a historically great lifter and gym rat (with all the love and respect that term holds for me).

I am grateful to Dr Sacks for taking

*Tales of Music and the Brain* and *An Anthropologist on Mars*.

*Awakenings*, his book about a group of patients he treated in the 1960s who briefly emerged from catatonic states, inspired the Academy Award-nominated feature film starring Robert De Niro and Robin Williams.

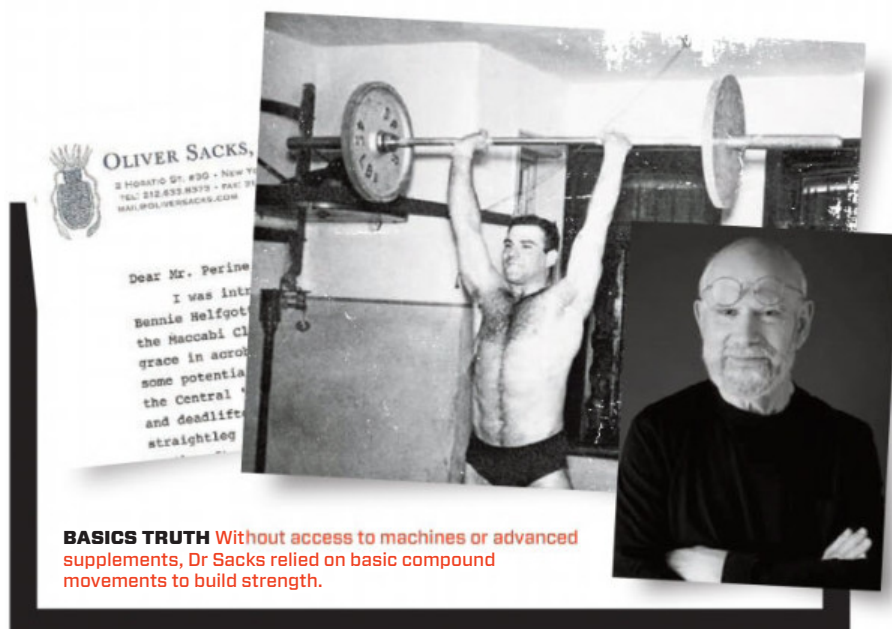
## DR SACKS' LETTER BEGINS HERE:

I was introduced to weightlifting around 1956 by Olympic medalists Bennie Helfgott and Laurie Levin at the Maccabi Club in London. I had nothing of their skill or grace in acrobatic lifts like the snatch but seemed to have some potential for powerlifting. Meeting Ken McDonald at the Central Y in London – he was a tremendous squatter and deadlifter – incited me further, and I practised straight leg deadlifts with him, going over 500 pounds (227kg) a few months after I had started. (I think this is an awful, dangerous lift – it inaugurated 40 years of back problems; I wish I had never touched them!)

When I came to the States in 1960, I concentrated on powerlifting and especially squatting. I had a routine of fives – five sets of five reps with 555 pounds [252kg] every fifth day – and in 1960 I got the California record for a 600-pound [272kg] full squat. The most amazing lifter in San Francisco that I met was old Karl Norberg – already over 70. He used to do very strict narrow-grip bench presses with a two-second pause on the chest – warming up with 350 pounds [159kg] or so. (I believe he later did a 500-pound [227kg] bench press on his 75th birthday, someone told me.)

When I moved from San Francisco to Venice and Santa Monica, I met extraordinary lifters and bodybuilders – Olympic medalists Dave Sheppard and Dave Ashman, dedicated bodybuilders Hugo Labra and Dave Draper and some almost out-of-the-world figures like Charlie (Chuck) Ahrens and Steve Merjanian. I never trained with Ahrens – I think Steve may have been his training buddy.

I saw the two of them together, with their 60-plus-inch [152cm+] chests, totally filling a VW Beetle, but I had difficulty lifting his favourite dumbbell (a 375-pound [170kg] dumbbell he used for side presses) off the ground. I trained partly in the open air on the



**BASICS TRUTH** Without access to machines or advanced supplements, Dr Sacks relied on basic compound movements to build strength.

lifting platform on the beach in Venice, partly in the wonderful subterranean “Dungeon” in Santa Monica and partly (with “Peanuts” Jim Hamilton and others) at a small home gym in Peanuts’ place. I bulked up to 280 pounds [127kg] or more – drinking a gallon and a half of milk a day. Partly because there was no 225-pound [102kg] category at the time and if you were large, you were either “mid-heavyweight” or “unlimited.” And how could a 220-pound [100kg] man hope to compete against a 300-pound [136kg] one?

A lot of lifters gathered at Sydney’s on Santa Monica Beach near the base of the Pier. Here, as they got drunk, their stories became more and more fantastic. One heard of delts like watermelons and squats of a thousand pounds [453.5kg]. (This last turned out to be a solid fact for the incredible Paul Anderson. He was squatting with almost twice as much as anyone else’s maximum.) And as far as eating goes, we would go to a Swedish smorgasbord

in Santa Monica, where one could eat as much as one wished. I think they somewhat regretted this when a bunch of gigantic and ravenous lifters/builders came in. Dave Draper tells a wonderful story about it when he and I (he says I had a tentlike T-shirt then) and a couple of others practically denuded the smorgasbord.

This is about as much as I can tell you. Now, nearly 40 years later, I look back on those days with considerable nostalgia. We took zero steroids and had zero machines. We worked our guts out with raw weights, and I’m glad I did it (except for the deadlifts!). One gains a sort of physical confidence and strength. And, yes, a physique, which stands one in good stead and lasts for the rest of one’s life. I am forgetting a lot of names and scenes from those days, but this will have to do for now...

With kind regards,

*Oliver Sacks*

**PS** I have recently written an autobiography, *Uncle Tungsten*. Tungsten is my favorite metal, and (as you may know) is very dense, as dense as gold – this is 2½ times as dense as steel. I used to do a little shot-putting once but always found that 16 pounds [7kg] shot a bit large for my hands. But a 16-pound shot made of tungsten would be no larger than a baseball or tennis ball. I am having one made, I don’t know if it would be legal. And think how compact a gym would be, if the weights were made of tungsten, not steel.

**PPS** Speaking of hands, the largest and strongest I ever saw were those of Mac Batchelor, who (at that time) tended (probably owned) a bar near Muscle Beach. Mac could twist a silver dollar in his bare hands and was the most formidable arm wrestler there had ever been. He was also a sweetie, all 320 pounds [145kg] of him, with a great sense of humour and a wonderful fund of stories.



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# SUPPLEMENTS

THIS MONTH IN SUPPLEMENT NEWS

## The best supplement for you



Knowing what to look for on a label goes a long way towards ensuring that you spend your money wisely.





**T**he truth about supplements is this: The best ones can help you get fit and improve your health. They combine cutting-edge or sometimes well-known ingredients that have been shown in studies to work. The worst ones? They're useless or dangerous. But how do you know which ones to choose? How do you know how to evaluate products when online scams and bombshell investigations make the news on an almost weekly basis?

Use this checklist of what to look for before making your next supplement purchase.

#### **Do you know the company?**

Brands spend a lot of money trying to build trust, and trust equals consumer preference, followed by loyalty. If a brand has been around for some time, then it is likely to have invested in product quality and good manufacturing practices compliance, as all supplement companies are required to by the TGA. If you're not sure of the company, check out [tga.gov.au/complementary-medicines](http://tga.gov.au/complementary-medicines).

#### **Can you reach customer service?**

If there is a toll-free number with real people on the other end of the phone, chances are the company spent the money on investing in the infrastructure to support the products in the marketplace. Many times smaller companies will outsource the production and operations of products, then have no way for customers to contact them. If you can't reach them, be wary.

#### **Can you find a third-party-analysis mark on the label?**

There are sites out there like [consumerlab.com](http://consumerlab.com) that do a lab analysis on products to see if they meet label claims. In fact, you can request a Certificate of Analysis from the manufacturer to ensure that what's on the label is in the product. Another

way to verify that the supplement is of a high quality is to look for third-party organisations' trust marks on the label. Marks like "Certified Organic" are awarded only if the supplement company has passed the stringent review process.

#### **Look for clinical studies**

Weight-loss or sports-nutrition products typically have one or more ingredients in clinically validated amounts, which allows them to make claims like "build muscle", "recover faster" or "lose weight." Often the clinical studies will be referenced on the product packaging or on the website. If not, searches on sites like PubMed, Google Scholar or ScienceDirect with the ingredients and/or product name will help yield results you can evaluate. The amount of micrograms, milligrams or grams of the active ingredient listed in the clinical study should be in the product. Protein, creatine, EFAs (essential fatty acids) and other ingredients have a variety of different dosages and source types, so be sure you look specifically at the ingredient when searching. For example, pea protein versus whey protein concentrate or 180mg of EPA to 120mg of DHA for your EFA blend would be a more specific search.

#### **Buy from reputable retailers**

Leading retailers will often do independent analysis, which means that when considering a product, you should try to buy it from a store you trust. Some retailers even train associates to help answer any questions you may have, which is helpful in whittling down choices.

#### **Look at ratings and reviews**

This may seem obvious, but often you can find consumer ratings on the manufacturer website or third-party retailers. Look through them in detail to see common questions and comments. Other consumers often post about their experiences, good and bad.

If you follow these tips you should be able to find supplements that are effective and safe. There are a lot of quality products and companies out there that are continually raising the bar. This guide will help you keep up.

 The dosage of active ingredients in a particular supplement should be linked to a study proving it's effective.





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BY RAZVAN RADU

**THERE ARE TWO** muscle-related states that our bodies can be in: catabolic and anabolic. Anabolic means that the body is in a muscle-building state and catabolic means quite the opposite, when the body tends to break down muscle tissue. The best thing we can do to speed up recovery is keep our anabolic switches turned on as often as possible throughout the day to prevent muscle breakdown.

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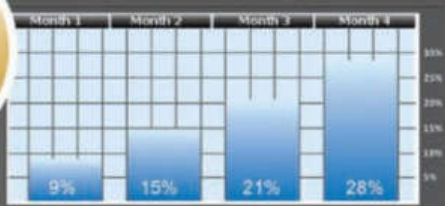
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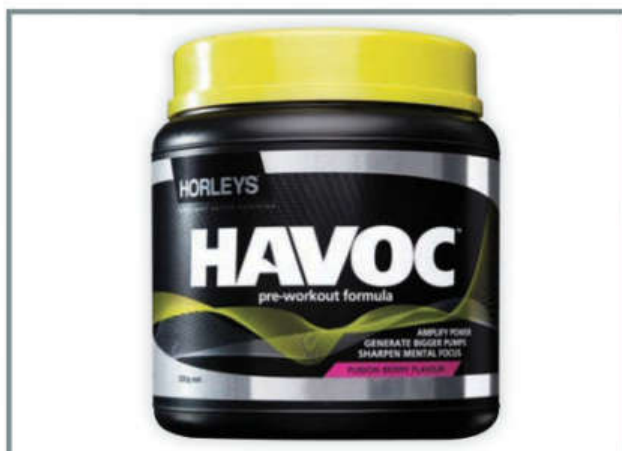


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# INTRA-CELLULAR NUTRITION



**for muscle mass**

Increase muscle growth with proper nutrient timing.

BY MATT PORTER

**R**esearch has demonstrated that key ingredients such as essential amino acids (6g EAA), and simple carbohydrates (35g sucrose) ingested before and during resistance training induced the state of hyperaminoacidemia, as well as hyperemia. This effect decreased the net loss of muscle protein that typically takes place during and post-workout, and therefore sets the stage perfectly for muscle growth.

In fact, researchers performed muscle biopsies on the quadriceps of six healthy volunteers (three males, three females). They also underwent blood sampling to determine blood amino acid levels before the

trial began. Three blood samples, separated by 10 minutes, were taken from the femoral artery and vein for the measurement of plasma arterial and venous amino acid enrichments and concentrations.

The purpose of this study was to investigate whether an essential amino acid (EAA) and carbohydrate (sucrose) beverage consumed immediately prior to resistance exercise or following resistance exercise would stimulate muscle protein anabolism the greatest. Approximately 42mg of EAA were taken up in the pre-exercise trial, whereas only 19mg of EAA were taken up during the post-exercise trial.

This study demonstrates that a relatively small amount of essential amino acids (6g) combined with

simple carbohydrates (35g) ingested immediately pre-workout is superior to consuming the same drink post-workout. Net muscle protein synthesis peaks higher, sustains longer, and overall nutrient delivery to muscle cells is enhanced.

This particular study did not examine cortisol levels, but be assured that similar studies revealed pre-exercise carbs and amino acids blunted the cortisol response by 11 percent, whereas placebo displayed elevated cortisol by 42 percent.

## MY "INTRA-DUCTION" TO INTRA-WORKOUT NUTRITION

In 2007, I remember vying to stay leaner in the off-season to gauge trial-and-error experiments I planned to put myself through.



I knew that staying in lean condition (below 10 percent body fat) would allow me to accurately observe changes in my physique when implementing new supplementation protocols, dieting regimens, training schemes, etc.

I was always enamored with the abnormal muscle fullness and “pumps” you get immediately after a bodybuilding contest. The post-contest rebound was a fascinating and fulfilling grace period that would last a good 4-6 weeks after a show. After digging further into the reasons and mechanisms behind this short window of muscle- bursting pumps and skin-splitting training sessions, I decided that intra-workout nutrition would be my answer to potentially replicating this cosmetic and physiological phenomenon.

I experimented with carbohydrate sources – dextrose, maltodextrin and waxy maize – with decent, but not great results. I also experimented with protein and amino acid ingredients – whey protein isolate, free-form branched-chain amino acids (BCAAs) and hydrolysed whey protein – with decent, but not great results. I also added creatine, glutamine, arginine, extra leucine and other ingredients to improve each new drink I formulated.

The above ingredients gave me decent results, as in increased blood flow and nitric oxide production from insulin secretion via carbohydrate ingestion, elevated blood amino acid levels from proteins and BCAAs used, and more training endurance for higher-volume workouts. However, the absorption and ability to digest all of this intra-workout nutrition was being compromised by less than optimally absorbed ingredients. This was when I experimented with amylopectin barley, also known as Vitargo. Unlike the glucose polymers I used that carry a low molecular weight – and have a high osmolality – amylopectin

barley was pretty much the opposite.

Uncomfortable blood pooling in the stomach and side aches were non-existent. I also ditched fully intact whey proteins, and used only free-form essential amino acids, which are pre-digested, alongside creatine and glutamine.

## **POST-CONTEST PUMPS RESURRECTED!**

I was inducing the state of hyperemia, increasing blood flow to surrounding tissues in the body. After playing with different water dilution amounts and ingredient amounts, I pretty much streamlined my intra-workout drink to perfectly fit my goals of cellular swelling, enhanced recovery, increased nutrient delivery to working muscles and muscle growth.

I used the following ingredient amounts, corresponding with precise water-dilution measurements: 100-150g amylopectin barley (Vitargo), 20-30g essential amino acids, 5g creatine monohydrate and 3g glutamine diluted into 1.8-2.4\* litres of water, for better absorption and gastric emptying.



## “THE BEFORE AND AFTER SHOTS FOR THESE PHOTOS WAS IMPRESSIVE. WHEN I SHOWED PEOPLE, THEY THOUGHT IT WAS A DIFFERENCE OF A FEW MONTHS, NOT HOURS!”

### THE EMPIRICAL EXPERIMENT

I was so convinced that the form of supplementation known as intra-workout nutrition was “game changing” I decided to perform a mini experiment on myself in a 24-hour period. I purposely lowered my carb intake to minuscule amounts and began an upper-body depletion circuit. I trained with high volume, and conquered several sets per muscle for more than two hours. I was on a mission to deplete glycogen stores rapidly to capture a depleted “before” photo. I finished my workout at 9pm. and took photos of myself my gym in specific lighting.

I remained carb-free the next day, until it was time to train. This go around, I implemented my intra-workout drink 15 minutes prior to beginning the same upper-body circuit. As I began training, I started to immediately fill out my muscles with blood, we’re talking rapidly! Keep in mind; I began sipping my drink 15 minutes before training so my blood was already primed with anabolic ammunition. I remember not being able to complete the same amount of sets as the muscle fullness was too great. Once again, I finished around 9pm and snapped photos in the same lighting.

I am a very truthful person, and despise exaggeration, but the before and after shots for these photos was impressive. When I showed people the comparisons, they thought it was a difference of a few months, not hours!

I now prefer the designer glucose polymer highly branched cyclic dextrin (HBCD). This carbohydrate

mixes better than amylopectin barley and does not send insulin levels skyrocketing nearly as high, potentially leaving you hypoglycemic mid-workout. Gastric emptying is expedited through the small intestine and taken into the bloodstream rapidly, allowing fast absorption, yet prolonged blood glucose levels and manageable insulin secretion is maintained. I also still favour the use of essential amino acids in this formula, as research has shown free-form amino acids combined with carbs increase the protein synthetic response to resistance training.

### OTHER IMPORTANT ADDITIVES

■ Agmatine sulfate: this by-product of l-arginine is everything that arginine has been claimed to do, and more. Increased nitric oxide production, enhanced nutrient partitioning and stimulation of growth hormone and luteinising hormone are some key benefits.

■ Glutamine: not much needs to be discussed about this popular amino acid, as most of you are familiar with the immune benefits, anti-catabolic properties and, most important, gastrointestinal health protection. Research shows glutamine can protect healthy gut bacteria and salvage key amino acids from degradation in the GI tract.

■ Creatine gluconate: the creatine molecule binds to a glucose molecule to increase creatine uptake across cells. Think of the glucose molecule

as a transport system for creatine.

■ Electrolytes: electrolytes were added to offset muscle cramping and increase exercise performance from adequate cellular hydration.

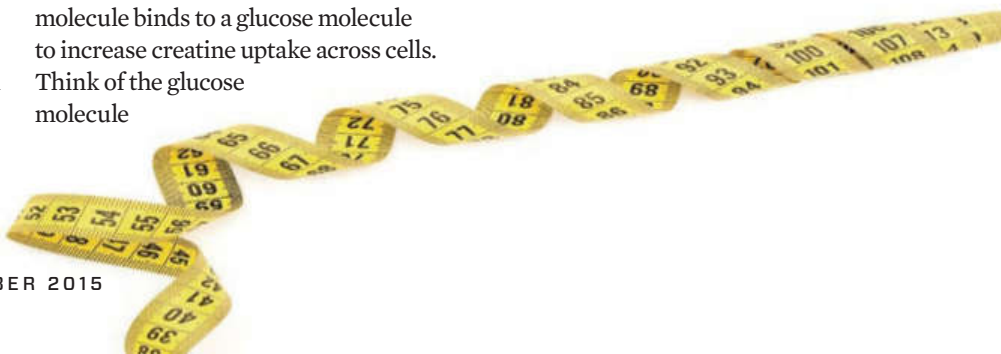
### IS POST-WORKOUT NUTRITION OBSOLETE?

The neat thing about partaking in intra-workout supplementation is that you have essentially flooded your body with muscle-building nutrients all throughout your workout, making it unnecessary to immediately chug down a protein shake after your last set of biceps curls. In fact, I personally wait around 45 minutes after I finish my intra-workout drink and ingest a whole food meal consisting of a lean protein source, such as white fish, and a fast-assimilating carb like rice.

I’ve been a big advocate of this intra-workout movement and recommend you give it a try to break through a plateau or improve your training sessions. I advise people to be in appropriate condition, meaning 10 percent body fat or less when experimenting with heavier carb-laden mixtures, with more than 100 grams of carbs. If you’re above this body fat, stick to 25-50g carbs per workout. Amino acid amounts need to be in the 20-30g range to really make the most of each drink per workout. An intense leg or back workout will need more than the 6 grams of amino acids the studies demonstrate. **MAF**

*\* The amount of water added depended on the amount of carbs added. More carbs equals more water.*

**Matt Porter** is a sponsored athlete for [truenutrition.com](http://truenutrition.com)

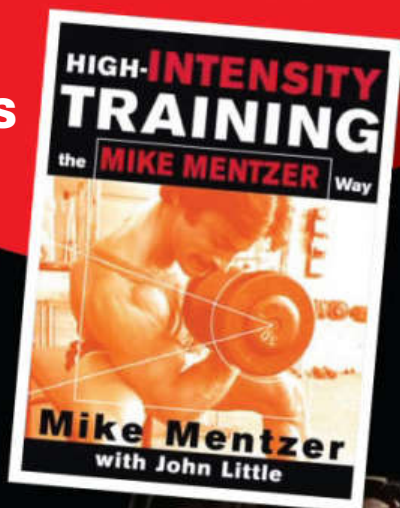




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